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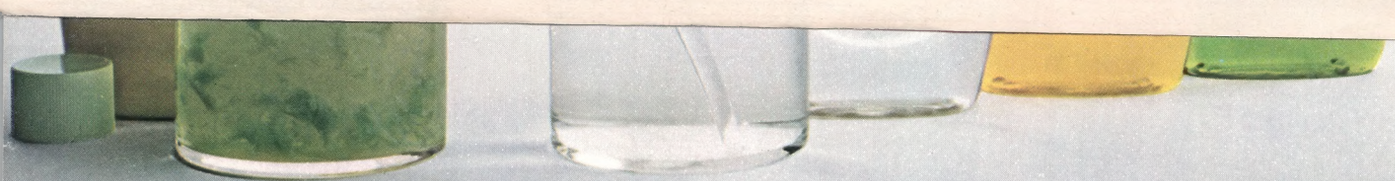

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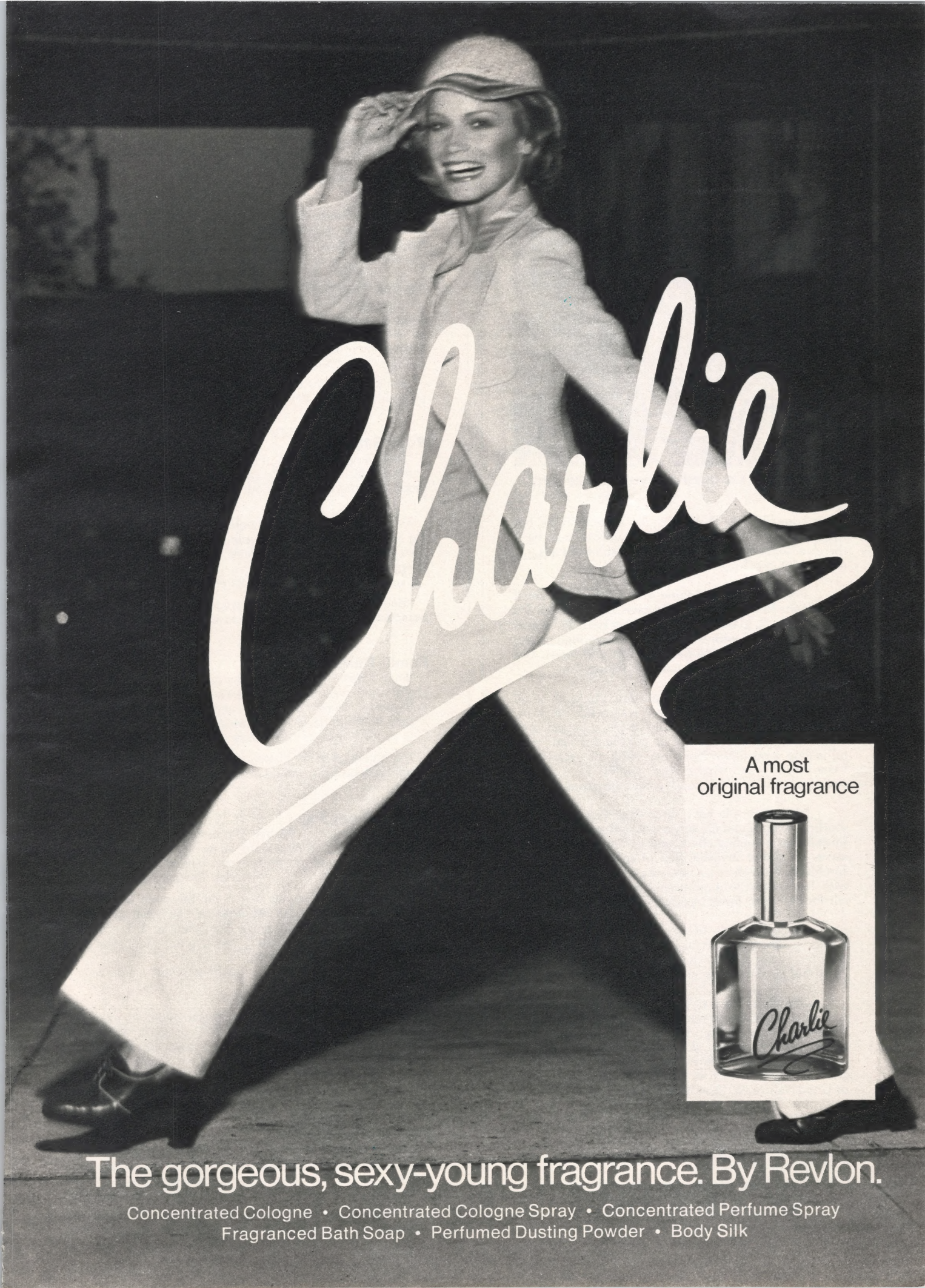
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Last week I got a rather bad sunburn. By the time I got ready for bed that night I was really in pain. I cleansed my face as usual with Ten-O-Six Lotion, and immediately my skin felt cooler, and the itch and painful feeling went away. I put Ten-O-Six all over where I was burned—and what a relief! I know it's a terrific cleanser, but why is it so good for sunburn, too?

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BONNE BELL

Your Letters

Love Letters

Thank you for putting together such a fantastic valentine issue (February). Love is such an important part of life, and you were very honest about it.

Tracy Berliner, Los Angeles, Calif.

I was extremely disturbed by your latest issue's emphasis on LOVE. The articles created such a big thing out of a very normal emotional experience of adolescence!

Nancy Rucker, Worthington, Ohio

To Tell the Truth

"Liar, Liar" (February) meant a lot to me. I lie a lot. I lie so much it is pathetic. I try really hard not to, but I'd say about ten stories slip out every day. Your story gave me the initiative to keep trying and made me feel somewhat better.

A fourteen-year-old liar, Cleveland Heights, Ohio

That fantastic illustration for "Liar, Liar" is making me tear up your magazine. I'm going to put it on my wall!

Name Withheld, Portsmouth, N. H.

Body Beautiful

"Becoming a Woman" (February) made me feel so much better about myself and helped me to appreciate my "bod" more. It's an article to pull out when I'm feeling ugly.

L. K., Cedar Rapids, Iowa

As suggested by your photographs, being a woman is curling your hair and wearing pretty slips. It's really not as glamorous as the article implies, but we suppose the idea is right.

Alicia Brown, Nicole Bernier, Sarah Newton, Fort Wayne, Ind.

"Becoming a Woman" put womanhood in a very bright perspective. It made me proud to be part of the female sex.

D. J., East Leroy, Mich.

Family Resemblance

When I was in high school, my mother was just the opposite of what I wanted to be ("Are You Just Like Your Mother?" February). I am now in college, and I realize that it would be a great honor to have half the wisdom and creativity she has.

Lisa Clements, Huchinson, Kans.

The article gave the quotation "As is the mother, so is her daughter," saying it was from Ezekiel 1:16. It is from Ezekiel 16:44.

Jane Parnell, Sanford, N.C.

Mind Unboggling

With all the talk of TM that I've heard ("Can TM Work for You?" February), I wanted to know more about it. Joyce Wadler did a great job on it. Now, instead of talking about TM, I'm doing it!

Ellen Brown, Pittsfield, Mass.

I agree that the benefits of TM can be found in Benson's method of meditation, but TM organizations serve as a social structure as well. I am most distressed at Ms. Wadler's "nose-up" attitude, disclosing her mantra. Meditation is a private thing—so is the mantra!

Audrey Canaff, Elmhurst, N.Y.

Sweet Tidings

For almost three years and three months I did not eat chocolate, because I thought I was allergic to it. Then as I finally gave in to temptation and bit down on a chocolate chip cookie, my friend opened to your "Love Affair with Chocolate" (February). What a fantastic welcome back to the world of reality . . . and chocolate!

Debbie Sharpe, Alexandria, Va.

Friendly Persuasion

Beautiful! That's what Diana Bletter's article was ("In My Opinion Female Friends Are Just As Good!" February). She really said what a lot of us have gone through with friends.

M. G., Florissant, Mo.

If only more women came to the same realization—we are often our own worst enemies.

Sue Zuehl, Stevens Point, Wis.

"I like the idea of using a roll-on instead of a spray. I also like the fact that Ultra Ban Roll-On Lotion is more effective in helping stop wetness than almost any leading spray including Right Guard, Arrid Extra Dry and Mitchum.

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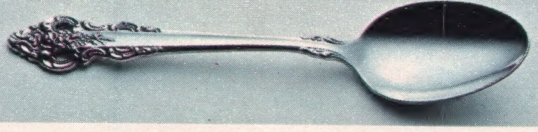

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NORMAN GREEN

Even though I get plenty of sleep, I always seem to have dark circles under my eyes. I don't think it is because of my diet. I am fifteen and have brown eyes. What should I do?
Kerry K., Nantucket, Mass.

Dear Kerry,
You might check with an ophthalmologist to see if you need glasses. Also, make sure you sit at least ten feet away from the set when you watch television. You don't say what skin tone you have, but many brown-eyed girls have Mediterranean coloring—olive-toned skin—with a concentration of pigment in the undereye area that causes dark circles. You can camouflage the circles by applying a little makeup over them. A makeup expert or salesperson at a department store can advise you what shade is best. Learn to blend it well.

I have very thick dark hair that is just about shoulder length. I've tried curling it with hot rollers and styling wands, but the style never seems to stay. Can you help?
Lisa B., Seattle, Wash.

Dear Lisa,
When hair is especially thick like yours, a style has to be cut into it to give it shape. Otherwise the weight of the hair will cause the droopy look. Getting your hair trimmed, even as little as half an inch, can make a big difference. Have a professional stylist do the cutting and show you how to achieve the effect you want with the kind of equipment you use at home. Then get regular trims every six to eight weeks; a well-groomed style won't look neat for long with uneven ends! Use a light holding spray if hair is flyaway.

I recently joined my school's track team and am developing hard spots on the soles of my feet. How can I make them go away?
Robin H., Watch Hill, R. I.

Dear Robin,
Subjecting feet to a strenuous sport like track can cause hard spots, or calluses. Have your coach check out your track shoes. Do they fit well and expand with your feet as you apply pressure? If you're a shower person, try a soothing bath instead, with pedicure tools nearby (this is a good time for toenail clipping too). Use a pumice stone to smooth rough, hard spots, then rub a little heated baby oil into skin. Get the maximum benefit of the oil treatment by wearing socks or tennis bootees to bed. Make this part of your daily beauty routine, and the spots will eventually soften. For more about track, see the last page.

I have a turned-up nose that gets a bunch of freckles the moment I step into the sun. Sunscreens don't work for me. How can I enjoy the sun and avoid freckling?
Fiona B., Center Island, N.Y.

Dear Fiona,
A sunscreen is used when you want to tan without risking a burn. You need a sun block—a cream or lotion that acts as a shield between the sun and your skin. Continue to use your sunscreen, but apply a sun block to your nose and wherever else you don't want freckles.

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They're easy to care for, easy to place and remove, and they're great for active people. If contact lenses are right for you, you may find a whole new world of wider vision...and the natural you. You never know when a special moment may occur.

Should you consider contact lenses, your eye professional will decide if you can wear them on the basis of the health of your eyes, the vision correction you need, and the way you work and relax. For example, contact lenses should not be worn while sleeping, swimming, or in the presence of irritating vapors. Care should be taken to avoid exposing lenses to substances such as cosmetics, lotions, soaps, creams, or hair sprays. If contact lenses are prescribed for you, your eye professional will work closely with you to see that you receive their full benefit by providing easily followed instructions for lens wearing, cleaning, storage, and disinfecting.

Your eye professional is always ready to assist you with your vision needs and answer any questions concerning contact lenses or eyeglasses. Consult him immediately if you ever encounter any abnormal eye condition such as irritation. Everyone should have a professional eye examination on a regular basis to protect the priceless miracle of sight.

Foresight...the best way to preserve eyesight.

BAUSCH & LOMB
SOFLENS* DIVISION

*A registered trademark of Bausch & Lomb Incorporated for polymacon contact lenses made of 61.4% poly (2-hydroxyethyl methacrylate) and 38.6% water when immersed in sterile sodium chloride solution, U.S.P.

Wrap yourself in Muguet des bois.

An old French legend tells of a young man who picked a sprig of Muguet for his love. In return, she gave him a kiss.

Ever since, the Muguet flower has become the symbol of happiness and love.

Coty celebrates this legend with one of the freshest, most romantic fragrances in the world—Muguet des bois.

A very special spring value.

Now, Coty has created a Muguet scarf as a special present to you. It's part of a new gift collection which includes Muguet des bois parfum and spray mist.

The fragrances alone are valued at $8.25, but Coty offers the entire collection to you for only $4.85. At the Coty counter in your favorite store. So go ahead, wrap yourself in Muguet.

Muguet des bois by Coty.

Join the fiesta—Celebrate in color: cucumber green, strawberry, squash and blueberry. Swing in style: note how the horn stitching sweeps down the shirt jacket (about $27) and carries over to the trim side-entry pockets on the jeans (about $19). Go lightly: in a feathery blend of 50% Dacron® polyester and 50% cotton. From Ms. Lee, a division of The Lee Company, 640 Fifth Ave., New York, N.Y. 10019. Tel. (212) 765-4215.

Ms. Lee™ A company of VF corporation

How did Dodge Colt put so much in such a little car?

Introducing the '76 Dodge Colt Carousel (left) and Colt GT (right). With five-speed manual transmissions and 1600 cc engines they both got 37 MPG on the highway, 24 MPG in the city. And Colts come in three other models, too: Coupe, 4-door Sedan and 4-door Wagon. **Prices start at $3,175.** (Base sticker price for a 1976 Colt Coupe. Not including taxes, destination charges, license and title fees and optional equipment. California prices slightly higher.)

Dodge

*Silent Shaft available only with optional 2000 cc engine. Carousel model with Silent Shaft Engine requires optional automatic transmission.

**EPA estimates for 1976 Dodge Colt GT and Carousel with 1600 cc engine and manual transmission. Your actual mileage may differ depending on how and where you drive, the condition of your car and its optional equipment. In California see your dealer for mileage data.

CHRYSLER CORPORATION

Miss Ingenue

...what a way to go!

You could dance all night! In this charmingly romantic top with its flamenco sleeves and its baring neckline. 100% 'Ingelure' nylon. In White, Navy, Sand, Powder, Mint or Melon. Top, about $11. Skirt, about $10. Both . . . S-M-L.

Maggi's, Pittsburgh, Pa. & branches
Yellow Daisy, Ft. Worth, Tex. & branches
Vogue Shop, Jacksonville, Fla. & branches
Princess Shoppe, Bay St. Louis, Miss.
The Hanger, Alexandria, La.
and at up-and-going stores everywhere, or write to MISS INGENUE inc. 1407 Broadway, New York, N.Y. 10018.

What's New

Super bets for swinging at the net

Ready to play? Psych yourself up for the big match or even an impromptu round with a friend. For the little things to give you inspiration, try the gear right here—great gift ideas for sports buffs too.

Heady wrap (left): Wear a plastic visor with a sunny-day scarf attached. It's by Madcaps; $9.

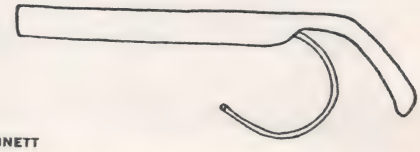
Tiger terries (below): comfortable bright orange and white socks with a pompon on the heel. Of polyester/cotton/nylon. Le Roi; $1.40.

Let your feet breathe! White sneakers (above) are decked with blue racing stripes. Nylon uppers are ventilated to keep feet cool and dry; padding around the ankles gives you extra support. They're by Adidas; $20.

Tennis charm (right): Twin rackets and a ball score on your bracelet or chain. Gold-colored metal, by Monet; $3.

His scent: 40-Love, a French fragrance with floral/woodsy notes. Cologne by Jean Desprez; 2 ounces, $7.50.

Block that glare! Navy aviator sunglasses (left) have expandable-retractable cable in ear loops (below) to prevent slipping during the game; tuck 'em around your ears and start playing. Trimmed in red and white, they're by 6 Love Optics; $16.



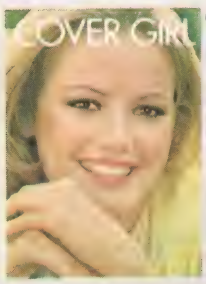
ELIZABETH BENNETT

Clean is sexy.

Cover Girl SuperSheer. Sheer color. Sheer cover. Sheer you.

Fresh. Natural. Real. Today's kind of sexy. The look you get with Cover Girl SuperSheer. Transparent make-up that adds just enough color, just enough coverage.

And SuperSheer is made with clean Noxzema ingredients, so you feel good about your skin. You feel clean. And today, clean is sexy. Clean, The SuperSheer Way.



Cover Girl SuperSheer®
by Noxzema.

Light up a wall – then celebrate at a

Kraft feast fit for Michelangelo.

Start with an empty wall, a faded fence or a tired garage door. Bring in a gang with paint, brushes and a flair for creativity—and watch the dark ages disappear before your eyes. When the masterpiece is finished, let Kraft help with make-ahead dishes designed to please the hungriest artists.

SPAGHETTI BAKE BERGAMO

Made with KRAFT Tangy Italian Style Spaghetti . . . rich, red and hearty, with a special blend of spices in the sauce.

1 pkg. KRAFT Tangy Italian Style Spaghetti Dinner
1 cup water
1 6-oz. can tomato paste
1 8-oz. pkg. KRAFT Shredded Natural Low Moisture Part-Skim Mozzarella Cheese
1 10-oz. pkg. chopped broccoli, partially thawed, drained

Prepare spaghetti as directed on package. Combine the Herb Spice Mix, water and tomato paste; stir in spaghetti. In a 10 x 6-inch baking dish, layer half of the spaghetti mixture, 1 cup mozzarella cheese and broccoli; top with remaining spaghetti mixture and mozzarella cheese. Sprinkle with the Grated Parmesan Cheese. Bake at 350°, 35 minutes. Let stand 5 minutes before serving. 6 servings

To make ahead: Cover baking dish with aluminum foil; refrigerate. When ready to serve, bake at 350°, 20 minutes. Remove aluminum foil; continue baking 35 minutes. Let stand 5 minutes before serving.

MARINATED VEGETABLES DELLA ROBBIA

Made with KRAFT Italian Dressing . . . the zesty tasting Italian.

2 cups carrot slices
2 cups cucumber slices
1 8-oz. bottle KRAFT Italian Dressing

Cook carrot slices in boiling water until crisp-tender; drain. Pour dressing over combined carrot and cucumber. Cover; marinate in refrigerator several hours or overnight. 6 servings

TUSCANY TOAST

Made with Soft PARKAY Margarine . . . the smooth-spreading margarine with buttery flavor.

½ cup Soft PARKAY Margarine
2 tablespoons finely chopped pimiento
2 tablespoons finely chopped parsley
½ teaspoon garlic salt
1 Vienna bread loaf, sliced

Combine margarine, pimiento, parsley and garlic salt; spread on one side of each bread slice. Place on ungreased cookie sheet. Bake at 400°, 12 minutes.

PINEAPPLE PRIMAVERA

Made with KRAFT Miniature Marshmallows . . . jet-puffed to stay soft and blend smoothly.

1 8¼-oz. can crushed pineapple
4 cups KRAFT Miniature Marshmallows
2 eggs, slightly beaten
½ teaspoon rum flavoring
1 cup heavy cream, whipped
Toasted flaked coconut

Drain pineapple, reserving ¼ cup syrup. Melt marshmallows with reserved syrup in saucepan over low heat; stir occasionally until smooth. Stir small amount of hot mixture into eggs; return to hot mixture. Cook 2 to 3 minutes over low heat, stirring constantly. Remove from heat; stir in pineapple and rum flavoring. Chill until slightly thickened; mix until well blended. Fold in whipped cream. Spoon into 6 dessert dishes; chill several hours or overnight. Sprinkle with coconut. 6 servings

KRAFT

Division of **Kraftco Corporation**

Count on Kraft to help you do it right.

Yesterday. Today.

Yesterday, deodorant tampons didn't exist.

Yesterday, the leading tampon was the last word in tampon absorbency.

Yesterday, a cardboard applicator was all you could expect from a tampon.

Yesterday, a tampon could expand but it didn't bloom like Playtex.

Today, only Playtex offers deodorant protection.

Today, Playtex® tampons are even more absorbent than the leading tampon.

Today, Playtex has Gentle Glide®, the plastic applicator with the rounded tip which makes insertion easier.

Today, Playtex has blooming action to better conform to your body's inner contours.

Also available without deodorant.

Rely on Playtex for more complete protection.

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ALWAYS PUT YOUR BEST FACE FORWARD.

Your best face. It starts with Sea Breeze.

Because it's not a question of how much makeup you put on.

It's how you take it off.

Sea Breeze cleans away the dirt and makeup that soap and water miss.

Cleans away those excess oils, too.

For your best face. The face that's clean and clear and fresh. Sea Breeze Laboratories, Pittsburgh, Pa. 15244.

poetry

Room 324

by Caroline Linse, 19, Kentfield, Calif.

Is
A green
Orange crate,
The odor of
Stale
Popped corn,
Photograph,
Not of
My lover
but
My twin brother.
Unread
Textbooks
and
An avocado plant
that didn't
Get along
with
My roommate.

Pastel

by Sean Grathwol, 16, Big Spring, Tex.

A color-mad moth of delicate proportions
A fugitive flower petal on the lam,
Pastel love

Dancing a rough jig across a
  sapphire summer sky,
Bobbing and weaving to an unheard beat:
A butterfly.

for B.K.M.

by Leslea Newman, 19, Burlington, Vt.

vanilla, chocolate, strawberry days,
until
  a honey-haired man with
  seas and skies and
  dungarees in his eyes
stomped on my cash register
scattering quarters and housewives,
and instead of a milk shake,
                ordered me.

pop the question

by Nina Kessler, 16, Merrick, N.Y.

yesterday
in the park
i found
the balloon man
a painted smile
on his face
who told me
that he was
selling answers
this day only
in all different colors
two for a quarter
so like a fool
i bought one
but by the time
i got home
and introduced it
to all my questions
it popped.

adidas
adidas, my favorites!
Comfort, lightness, styling, fit, performance and protection are built into every pair of adidas shoes for training, jogging, recreation and leisure. That's why adidas is my favorite.
More information available at your nearby adidas dealer.

I can't seem to forget you.
Your Wind Song stays on my mind.

Wind Song Perfume by Prince Matchabelli

Skirting Spring

Whether it's dressy or casual,
a skirt's footwork makes the big difference

Ever spot two girls in the same skirt and wonder why only one looks terrific? Check out their accessories. More than likely, one didn't know the right additives. Take shoes. Putting on last year's clunky platform sandals with a straight-line skirt can turn the skirt to blah. Here are this season's top skirt shapes and the shoes that do the most for them (clockwise from the upper left): Indigo wrap-around of prewashed denim. By Turtle Bax; $18. Playing it up, fun anklets topped with checks; of Orlon/nylon, by Lady Camp. The skirt's flared line is updated with leather sports sandals: these, T's closed in back. Famolare Sport. Step into culottes, the half-pants, half-skirt gear—and think sports shoe again! Drawstring-waist polyester/cotton culottes by Red I; $20. Rugby-striped knee socks of Orlon/nylon, by Lady Camp. Canvas oxfords on a flattened wedge are by Jacques Cohen. Soft, full dirndl has side-seam pockets and elasticized waist with button tabs. St. Michel; $16. For the dressier mood, ballerina flats with a cork-crepe heel; Grasshoppers by Uniroyal. Hip-pleated skirt has an easy-on button front, falls softly around the legs. Polyester/cotton. P. B. Hits; $26. Wear it with square-toed espadrilles on a wedge to give the illusion of a longer leg; ribbons wrap 'em up. By Jacques Cohen. Getting straight: prewashed denim skirt with a forties slit (see back view). Turtle Bax; $18. The shoe view: open-toed, sling-back sandals on a jute-covered wedge. They add height and a hint of femininity to the skirt's tailoring. Shoes, Divina. Store information, next to last page.

ELIZABETH BENNETT

The first pantyhose with minimum panty and maximum hose.

Up till now if you wanted underfashions with a sleek, pared-down look for today's outer clothes, there was just no pantyhose you could call your own. No pantyhose that was lithe and leggy. No pantyhose with minimum panty and maximum hose that stayed put. Now there's the 'betweenie' by Van Raalte.
It sits just above the hips. Gives you a fabulous smooth line under any outfit. Sheer to the waist sandalfoot in a dozen delicious fashion shades. And one size fits dress sizes 3 to 13.

The 'betweenie' at a teenie price of $1.50. Like all Van Raalte pantyhose, you'll find them at fashion stores, not grocery stores. For name of store near you write Van Raalte Hosiery, 1271 Avenue of the Americas, New York 10020.

the 'betweenie'
BY VAN RAALTE HOSIERY
IT FITS A LOT MORE THAN YOUR LEGS.

© 1976 Genesco

My skin's a bit oily. Which make-up covers without looking shiny?

Super Un-Shine Make-Up.

Pure Magic Super Un-Shine is your make-up. It's oil free.* So there are no extra oils to make your face shiny. Gives a fresh, clean, velvety look while it conceals trouble spots.

*Contains no animal, vegetable, or mineral oils.

Pure Magic

My skin's a bit dry. Which make-up moisturizes without looking greasy?

Super Clear Make-Up.

Pure Magic Super Clear is your make-up. Its moisturizers help your skin stay soft, smooth and moist. Gives a sheer, natural look with just enough coverage to hide problem spots.

from Max Factor

©Max Factor & Co. Available in Canada

The end of the padded pad. An absorbing story.

Kotex® Lightdays® are the self-attaching oval pads that absorb so well, they don't *need* a lot of padding.

What's the story?

They're made of a material containing millions of tiny reservoirs to trap and hold fluid.

So we can make Lightdays pads as thin as a nickel and as light as a dime.

So you'll hardly know you're wearing one.

Lightdays pads are just right for the days before you start your period and the days you're tapering off.

And any day you want a little extra assurance.

Lightdays pads are thin—but they absorb like thick. Lightdays are light-years ahead of any other pad.

This quilted pattern channels the flow away from the sides of the pad.

It's so thin, you'll hardly feel it. It's so soft, all you will feel is nice.

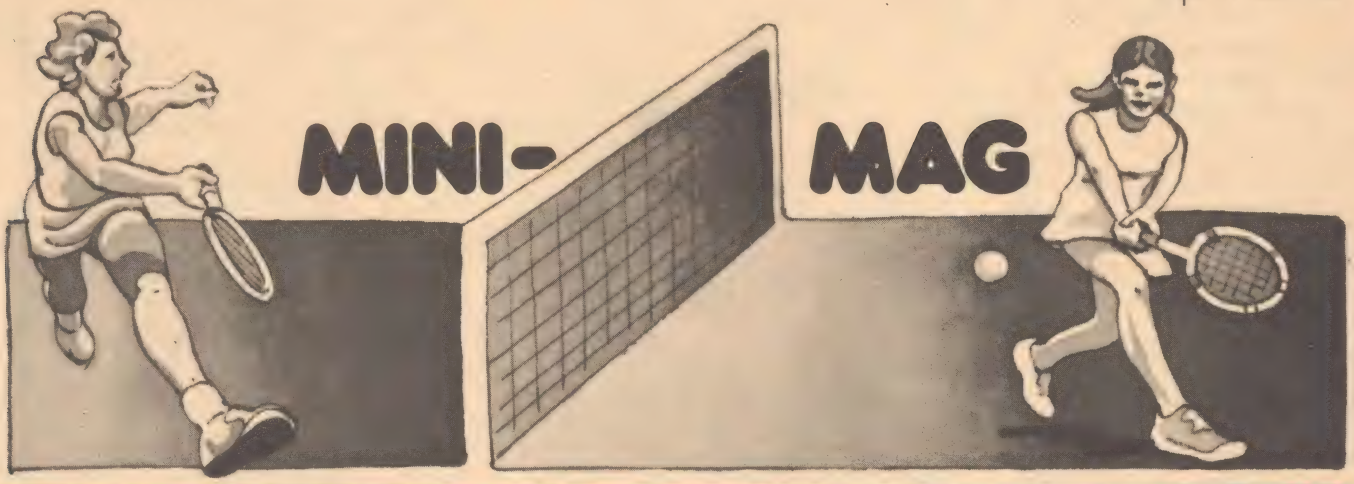
This material absorbs so well, you'd think it was a lot thicker.

Nobody else has this oval shape. It fits better to your body.

This 3/4" wide, self-attaching strip really holds. Just peel off the adhesive cover and press the pad onto a snug-fitting undergarment.

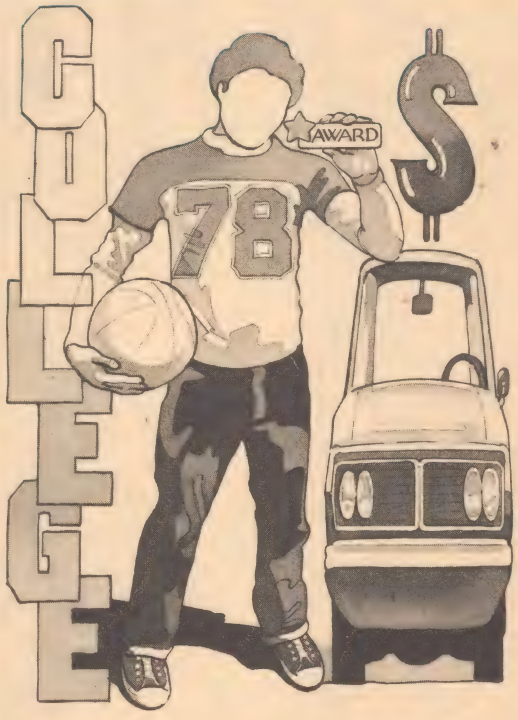
Actual Size

Another quality product from Kimberly-Clark Corporation.



LET'S LIBERATE BOYS!

Taught to be "real men," pressured to achieve, boys have their problems too, says a feminist



What are you going to be when you grow up?" The five-year-old boy replies: "A cowboy, a fireman or an astronaut." And adults will pressure him until he becomes something. Schools join the conspiracy. Elementary school books are filled with fathers who, like Dad at home, race to and from their jobs. It's easy to see why boys, at an early age, get the impression that the only purpose in life for a "real man" is to work and succeed.

"Stop acting like a sissy," boys are told by their parents. Dr. Warren Farrell, author of *The Liberated Man* and active in the men's movement, explains that traits such as domesticity, dependency, modesty, emotionalism, sensuality, fearfulness and tenderness—all very human qualities—are off limits for boys. "In this desire to escape from resembling a girl," states Dr. Farrell, "even those masculine traits that could be positive, like self-confidence, become false and obsessive."

Success in sports is another way a boy is urged to prove his manhood. Sports are so overvalued, states Marc Fasteau in *The Male Machine,* a plea for men's liberation, that "boys who can't conform easily to the athletic ideal are made to feel inadequate."

Other boys prefer to compete for grades. Girls may strive for grades too, but as they get older many of them become "husband strivers." Once a girl "gives up the need to *be* a winner, she substitutes the need to *have* a winner," insists Dr. Farrell. So that even dating becomes competitive, with the "best" girls seeking out the "best" boys. Just as some young men look upon women as sex objects, many young women focus on boys as success objects. In place of seeing a total person, a girl may value only a boy's potential career, his prestige in sports or clubs, what college he is going to, his car or how much money he has to spend.

"There is no set of beliefs that allows men to value themselves without regard to the marketplace," states Mr. Fasteau. For boys, even higher education is often seen as an economic investment that must yield maximum profit. A boy is counseled as if his choice of a career were his only worthwhile identity.

Both girls and boys have been manipulated and controlled by their assigned sex roles—which were supposed to guide them to happiness and fulfillment. But some young men have the mistaken idea that women's liberation means that females want to be more like males. They fear that women's achievements in sports, education and business will take opportunities from them.

The real purpose of liberation for both women and men is not for them to become more like each other but to become more human—each a unique person rather than a stereotype. And it allows both sexes more choices so that they can choose to be competitive or passive, independent or dependent, cool or emotional.

Liberation means to be aware of the kind of person you truly are, to trust your own experience of you and to be free to choose to become yourself. So that when you come up against a stereotype you can say, "Hey, wait a minute! That's not me. I'm a real man [or woman] and it's like this . . ."

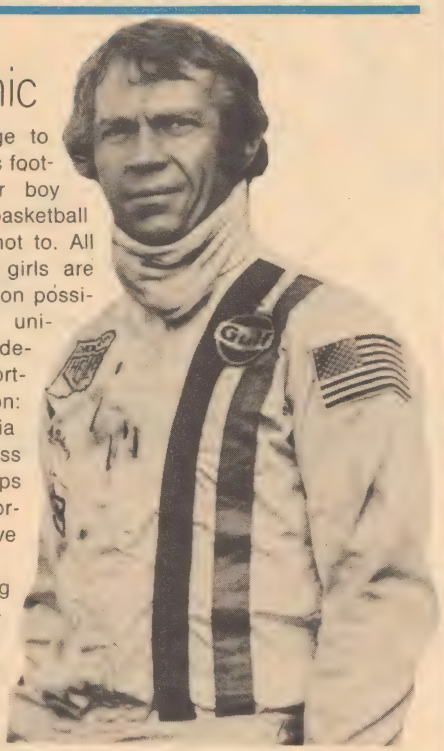
—Joyce Slayton Mitchell
Author of *Other Choices for Becoming a Woman* and *Free To Choose: Decision Making for Young Men* (Dell Publishing).

Editor: Annette Capone
Associate: Judsen Culbreth
Design: Barbara Chapman
Illustrations: Tim Lewis

HOT LINES

Tips on what's going on where

Sports Chic



Ever have an urge to borrow your brother's football jersey or your boy friend's shiny basketball shorts? No reason not to. All over the landscape girls are discovering the fashion possibilities of athletes' uniforms. They're well-designed, cheap, comfortable and wear like iron:

- Southern California girls like motocross pants with padded hips and thighs. And motorcycle "leathers" have become a classic.
- Girls are zipping into inexpensive one-piece mechanic's overalls. With a few sponsor patches added, you can look like a Grand Prix driver—along the lines of Steve McQueen (above) done up for his role in *Le Mans*.
- Long, skinny basketball jerseys are a hot number—especially as beach cover-ups. And in New York City, satin basketball shorts are in style, with patterned leg warmers above the knee, socks below.
- Girls have taken to athletic socks with wide stripes and a thick feel. Baseball socks are really different in the way they "stirrup" under the foot.
- Up-and-coming: hockey jerseys with lace-up necklines, paired with the pull-on white cotton shorts players wear. Soccer jerseys with matching striped socks and cotton rugby uniforms, striped too, are harder to come by. Cotton flannel baseball tops make great spring jackets, and the knicker-length pants are a new alternative to jeans.

Authentic sports gear can be found at local sporting goods stores and in mail-order catalogs. Ask a male friend to guess your size. Remember, you don't want to look as if you just stepped out of a locker room. Mix pieces with your own clothes to create a personal style.—**Carol Troy** (Coauthor of *Cheap Chic*, all about "found" fashion; shopping info; Harmony Books.)

Super Stunt

Thirty-nine is the largest number of 50¢ coins caught by the same hand after being flipped from a pile balanced on the back of the forearm. Many teens are trying to break that record for coin-snatching, report compilers of *The Guinness Book of Young Record Breakers* (Sterling, $3.95). If you do, send evidence (such as newspaper clippings) and adult confirmation to 2 Cecil Road, London Court, Enfield, Middlesex, England.

Type-casting?

"I don't want to be *just* a secretary," is often the working woman's lament. Still, each year thousands of women (and recently, men) enter the field—and enjoy it.

"A good secretary can get a job almost anywhere and can return to office work after years of absence," says Barbara Lyon, alumni director of Katherine Gibbs, a string of secretarial schools on the East Coast. And a secretary can be choosy, because despite the tight economy, the demand exceeds the supply. A recent Department of Labor survey shows that openings in the secretarial field should outnumber those in any other field during the next decade. There are spots available to fill almost any interest—medicine, merchandising, travel—and taste—small, relaxed offices or giant, high-pressure firms. Some secretaries use their positions to step up to managerial slots. But many are content with their lot.

Of course, secretaries do have their gripes. A frequent complaint is that they are treated like "office wives" by some sexist bosses and obliged to do many menial, monotonous tasks. Noreen Connell, of Women Office Workers, a New York group trying to improve office working conditions, points out that women earn less than men in the field (according to 1972 figures, the most recent available, women earn $145 a week, men, $179; but the gap is closing). She suggests that women should obtain written job descriptions with a promise that any extra responsibilities mean an increase in salary. Also, they should request a written review from bosses at regular intervals—a valuable record when asking for a raise. "Too many women get into a father-daughter relationship with their bosses and think a raise should come automatically as a sign of approval," she says.

Even if you want a different career, secretarial skills can finance you through college or times of unemployment.

Safety First

In any sport, an occasional "ouch" is par for the course. But are women more vulnerable to serious injury than men? Are females too fragile for rough competitive play?

No, reports the American Medical Association's Committee on the Medical Aspects of Sports. Dr. Melvin Thornton, of San Antonio, Texas, former chairman of the committee, says there is no medical reason for restricting normal females from playing strenuous noncontact sports.

What about contact sports, like football and boxing? "There are doctors who believe that in the future, if women receive better and earlier training, they may be able to compete with boys," advises Dr. Thornton. But right now, because of physiological differences after the age of twelve, separate but equal is the safest bet. Girls competing with other girls will not sustain more injuries than boys engaged in the same sport. And girls can compete while menstruating. In fact, exercise may help regulate the menstrual cycle and alleviate any discomfort, says the doctor.

Of course, injuries do occur. Joan Gillette of the University of Nevada in Las Vegas, the first female to become a professional athletic trainer, recently conducted a survey of female athletic injuries on the intercollegiate varsity level. She found that hurt knees, sprained ankles and pulled muscles are the most common problems. Says Ms. Gillette: "Many injuries could be avoided if girls received adequate training and if conditioning began at an earlier age. Manufacturers are just beginning to design protective equipment in girls' sizes."

—Marsha Rabe Cochran

No Rock Unturned

Is it a giant rip-off or a great gag? One million Pet Rocks were sold nationwide in less than 90 days before Christmas and they're still selling like . . . rocks. Now there's Canned Sand—rock food . . . Two takeoffs: the Dayton (Ohio) Museum of Natural History sells wild rocks with *taming* instructions (and they said it couldn't be done) . . . The Oregon Department of Geology works up rock "genealogies" for $1. Says Ralph Mason, Deputy Geologist: "Teens are coming in with penetrating questions... and today, when you can get a laugh for a dollar, you're ahead."

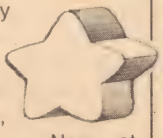
And the Beat Goes On and On

Today's dance marathons mix fun and fund-raising—not much like the misery-provoking endurance tests of the thirties. This April, winning couples from about 40 high school and college marathons nationwide will enter the 52-hour competition at the University of Illinois, Champaign-Urbana (below, a scene from last year's dance). There will be live entertainment (rock bands, goldfish swallowers, fire eaters), lots of prizes and fairly long rest breaks. Couples must find their own sponsors—friends, neighbors, local shops—who donate funds to test their endurance. Proceeds go to this year's charity, The National Association of Retarded Citizens. Why not help raise money for a good cause, too?

DEBORAH BECKER

Show and Tell

When you wish upon a star, be sure it's yours. To raise funds, the Boston Museum of Science and Hayden Planetarium sells "deeds" to stars. The sun went for $10,000. The lesser stars in the Milky Way are still available at $1 each (Museum Park, Boston, Mass. 02114) . . . Now at the museum: "The Earth from Above," an exhibit of aerospace photography, and "Target Mars," a look at the probes headed for that planet.



Monkey Business

Don't just horse around this summer. There may be a volunteer job for you at your local zoo. At Dallas' Marsalis Park Zoo, for instance, teens can conduct tours and assist teachers. At the Alexander Lindsay Junior Museum in Walnut Creek, California, teens can help out in the animal-lending library. And the Friends of the Zoo Summer Volunteer Program (Zoological Park, Bronx, New York 10460) signs up teens to give puppet shows and lectures, tend donkeys and snakes at the Central Park, Bronx and Lehman zoos.

Rap Up

Teens are talking about . . . harem pants that tie at the ankles . . . the return of headbands . . . 14-year-old French Canadian singer Rene Simard . . . The Movies rock band.

HERE'S HOW

Can You Haiku?

You don't know unless you try!

Would you believe SEVENTEEN receives nearly one thousand of your poems each month? That's a lot of mail! Why the love for poetry? Poetry enables writers (and readers) to stretch their imaginations—let loose in writing what often can't be expressed verbally.

One of the most popular poetry forms is the haiku, the short, image-filled verse developed over the centuries by Japanese poets. A haiku is simply a three-line unrhymed poem revealing a moment of insight. A classic haiku contains seventeen syllables: five in the first and third lines, seven in the second.

Giddy grasshopper
Take care . . . Do not leap and crush
These pearls of dewdrop

—Issa

Haiku follows other guidelines: A particular season is usually mentioned by name or implied by clue words. The statement made is a simple observation of nature. Think of everyday things like birds, flowers, the stars. Use them to establish a mood or impression and see what emotions and ideas they bring to mind. Sound a bit complicated? Not so! Unlike most Western poetry, the appreciation of which depends upon the understanding of symbolism, haiku is straightforward poetry that tells it like it is! Try for directness; avoid similes, metaphors, tricky hidden meanings.

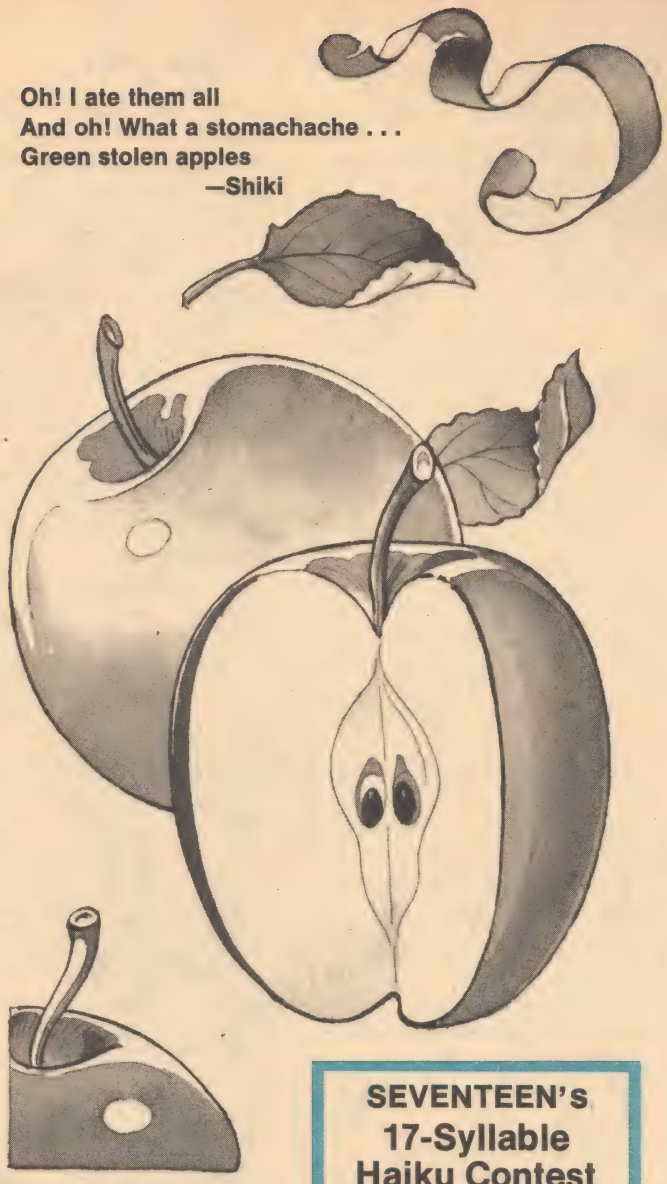
Long the summer day
Patterns on the ocean sand . . .
Our idle footprints

—Shiki

Experiment with the way words sound. Use alliteration to get a light, lively tone. Reading haiku aloud gives you a feeling for the rhythm. Pause after the fifth and twelfth syllable. Never underestimate the power of punctuation! Used sparingly, semicolons, dashes, colons and ellipses yield a lot of impact. Try some pointed humor too (see right).

You can get further insight on haiku by reading the works of the seventeenth and eighteenth century Japanese poets Basho, Buson and Issa at your library. Be patient—it takes time to haiku.—**Janet Whritner**

Oh! I ate them all
And oh! What a stomachache . . .
Green stolen apples
—Shiki



The eyes of the hawk
Are looking at the dry fields
And the coming storm
—Joso

SEVENTEEN's 17-Syllable Haiku Contest

See if you can truly haiku. Send us one or two original haiku, typed or printed. Include your name, address, birth date (you must be at least 13 and less than 20). Entries will be judged by our editors on the basis of originality and literary worth. Four winning entries will appear in the September 1976 SEVENTEEN. Winners will receive $25 and a one-year subscription to SEVENTEEN. Entries must be postmarked no later than May 15, 1976, and will become and remain the sole property of Triangle Communications Inc. for all purposes whatsoever. Triangle employees and their immediate families may not compete. Entries will not be acknowledged or returned. Send to: SEVENTEEN, Free for All: Haiku, 850 Third Ave., New York 10022.

Behind the Seams Buying Tips

In the market for a sewing machine? Ten tips to better consumerism:

1. Know your sewing needs. For easy handling and versatile sewing, a basic zigzag machine is your best bet (about $100). It straight-stitches forward or backward, which is fine for simple projects and alterations. The zigzag stitch finishes seams and gives your homemade clothing a more professional look. The machine can also blindstitch, darn, mend and do buttonhole, overcast and satin stitches. There are more versatile zigzag models with many other decorative and functional stitches and automatic features.

2. The cabinet should be sturdy, the height comfortable, so when you flip it open, you're ready to sew.

3. Easy to stash and carry, a portable should be under 30 pounds. If not included, carrying case costs about $25 extra.

4. Test the machine before you get home. Compare at least three models for ease of handling and personal comfort. Sign up for any free instruction available.

5. Beware of the accessory trap! Buy fancy extras as you need them.

6. A new feature to look into: the "free," or "open," arm, which lets you slip a sleeve or any tubular piece of fabric over the arm and turn it as you sew.

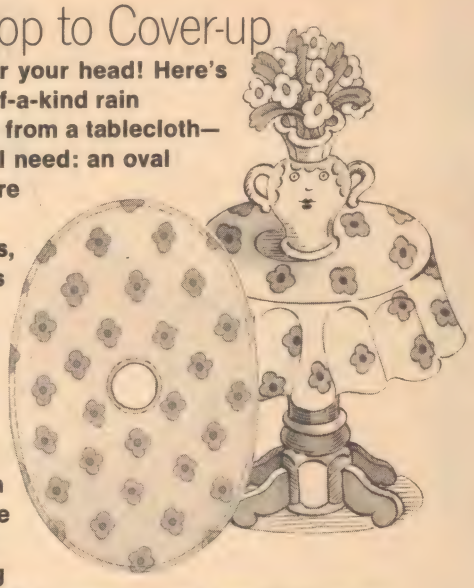
7. Time-saver: The automatic bobbin does not have to be removed to be filled and stops winding when full.

8. Guarantees: better from a manufacturer with good distribution than from a local dealer, in case you move. Be sure all parts are replaceable and repair services available (ask about house calls).

9. Buying a used machine is a good way to test models and determine your needs—a good guarantee is very important.

10. Ask about trade-ins.

Presto! Tabletop to Cover-up

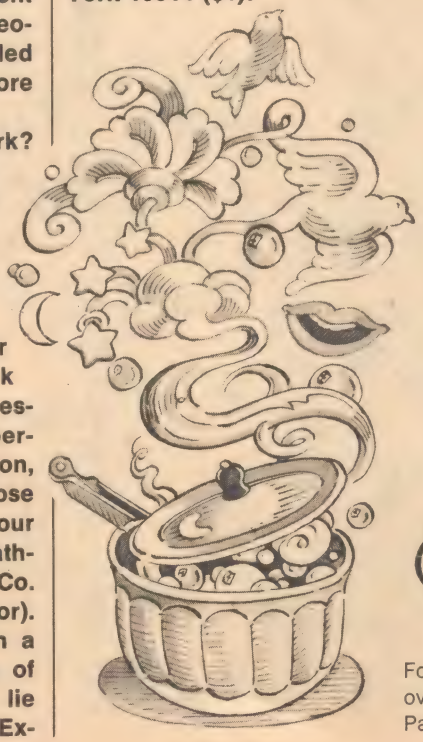


Off the table and over your head! Here's an easy-to-sew, one-of-a-kind rain poncho you can make from a tablecloth—for less than $7. You'll need: an oval vinyl tablecloth (they're waterproof) without fringe (52 by 70 inches, about $5); 2 packages of single-fold bias tape (each 69¢). Place the tablecloth on a flat surface. To make the neck opening, trace a circle in the center, using a 45 rpm record, and cut out the circle. Use a straight stitch on your sewing machine to bind the neck opening and hem of poncho with bias tape. Now all you need is rain!

The Hot Pot

Your mood ring says you're tense. Soothe your mind with a steaming "hot pot" that fills your room with the scents of flowers and herbs. It's an ancient natural tranquilizer (Cleopatra used it) now called aroma therapy—and more fun than incense.

How does it work? Pleasant-smelling essences stimulate neurohormones to secrete tension-reducing hormones, says Dr. Irwin I. Lubowe, skin and hair specialist at New York Medical College. Use essential oils, such as bergamot, eucalyptus, lemon, lavender, orange, rose and ylang-ylang, in our hot pot recipe (from Kathryn Degraff, Ungerer & Co. fragrance coordinator). Boil 2-3 cups water in a pot. Add a few drops of oil. Light a candle, lie back, close your eyes. Experiment! Mix oils; ⅛-oz. size bottles are under $1. At pharmacies, or order catalog/guide from Aphrodisia, 28 Carmine St., New York 10014 ($1).



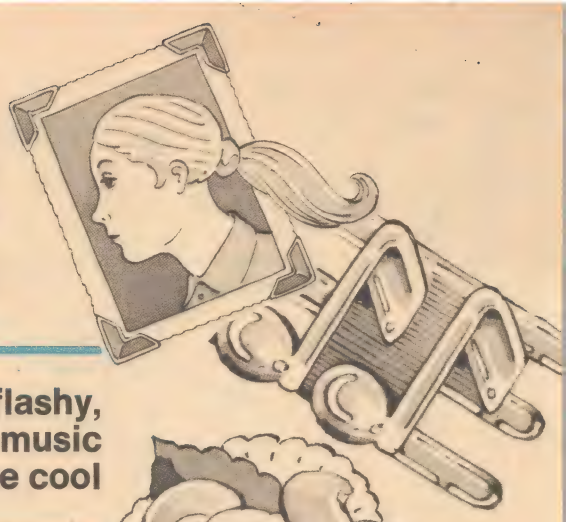
Cutout for a Choco-Treat

Store-bought Easter bunnies can't beat homemade. Try these for a solid treat. 1. Cover a cookie sheet tightly with heavy-duty foil. 2. Cut out this pattern or use a cookie cutter, and with a blunt tip, trace seven shapes onto foil (do not pierce foil). 3. Melt one 6-oz. package semisweet or mint chocolate pieces in top of double boiler over hot (not boiling) water. Stir until smooth. 4. Spoon melted chocolate in center of each bunny. With back of spoon, spread evenly to fill outline. 5. Refrigerate one hour or until hard. 6. Peel foil and enjoy!

Matzo Candy

For the Jewish holiday of Passover: melt 6 oz. "kosher for Passover" semisweet chocolate. Stir in ½ cup finely crumbled matzos. Drop by teaspoonfuls (about 18) onto foil-lined pan. Chill until hard.

FOCUS ON THE FIFTIES



Travel back to the brassy, flashy, fun-loving past—when the music was hot and everything else cool

Teens today are nostalgic for the '50s. In SEVENTEEN's Bicentennial Poll, they chose that decade as the second most desirable; only the '70s topped it. Our readers constantly write us about '50s dances and "'50s day" festivities at their schools. Rock stations are programming golden oldies; bands are adding bebop tunes to their repertoire. On television, *Happy Days,* a series set in the '50s, ranks third with teens, right behind *Welcome Back, Kotter* and *Six Million Dollar Man.* Its prime time spinoff, *Laverne and Shirley,* grabbed the highest premiere rating in ten years, say the Nielsen reports.

Why the fascination with this decade? It's the first to have "real" teens. Historian William Manchester, in *The Glory and the Dream,* says that up until then "the teen-age subculture did not exist. . . . Young people were called youngsters, and youngsters were loyal to their homes."

Another reason may be that today's teens can identify with the '50s. "In the '60s, young people took affluence and economic security for granted," says Daniel Yankelovich, author and leading social scientist. "Now, as in the '50s, jobs and careers have a greater importance."

The fads, fashions and music of the '50s are also very accessible. Screamin' Scott Simon, of the Sha Na Na rock 'n roll revival band, comments: "I'm amazed that 13-year-olds know all the words to the songs—from old 45's."

Social critics prefer to call the period bland and speculate on how much longer the attraction to such an unexceptional decade can last. "Revivals have been a fad for seven years," answers Simon; "rock 'n roll is here to stay!"

Fashion Flashback

Hey, dig it. Who wants to come on like a yo-yo at a '50s party? Pick up on what was "in" twenty years ago.

Teen fashions came in two looks: the bobby-soxer and the hipster. A bobby-soxer rock 'n rolled in a circle skirt with crinoline petticoats underneath, penny loafers and a ponytail. Her boy friend wore chino pants, a letter sweater and short or crew-cut hair. On the flip side of fashion, chicks wriggled into tight skirts and even snugger sweaters, complemented by pointed-toe shoes and ankle bracelets. For a hip cat, the look called for a leather jacket, T-shirt (with optional cigarette pack rolled up in the sleeve) and a DA (or ducktail) haircut.

Other fashionable fads of the decade were short shorts, paste-on rhinestone pins, adjustable pop-it beads, circle pins, apache and poodle haircuts, sack and tube dresses, pink shirts, string ties and white bucks.

John Lansing and Ilene Graff (photo, right), stars in the current Broadway musical comedy *Grease,* show how to get with it, '50s style.

FRIEDMAN ABELES

Solid Gold

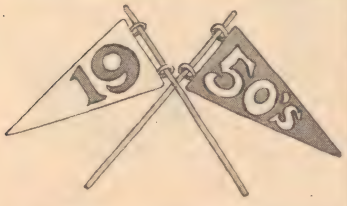
Discover the newest on the oldies: *The Elvis Presley Scrapbook,* bits and pieces of memorabilia from the life of the 41-year-old "King of Rock 'n Roll" (Ballantine Books, $6.95) . . . *The Fifties,* a book of headlines, headliners and sing-along lyrics (Consolidated Music Publishers, $4.95) . . . *The Front* (Columbia), a movie about Hollywood blacklists starring Zero Mostel and Woody Allen . . . *Droodles,* Roger Price's catchy sketches, popular in the '50s and still hilarious (Price/Stern/Sloan $1.25).

At the Hop

The music's fast, the action's crazy at a rompin' 'n stompin' '50s party.

To add a '50s feeling to your next dance, plaster the walls with glittery crepe paper streamers and old album covers. Tack up posters of stars back then. Marilyn Monroe (below), Elvis Presley and

PERSONALITY POSTERS



Humphrey Bogart are available from Azuma (415 Fifth Ave., New York 10016; each $1). Have the drama class create an *American Bandstand* atmosphere by placing colored gels over lights, keeping backgrounds dim and rigging up spotlights. Another idea—select a deejay to announce arriving guests and handle requests. You may want to hold contests for the tackiest dresser, the loudest bubble gum cracker, the best Fonzie imitation or the closest Sandra Dee look-alike.

Swing to old 45's, groove on way-out clothes, move with the bop, the slop, the stroll, the circle or the hand jive. Have a real mean time. Get together at the hop.

Rock of Ages

Rock music as we know it today owes a lot to the '50s. Before that time, popular music had a big-band sound—there were no teen crooners and the arrangements were all highly polished and artfully orchestrated. Enter a young man named Elvis with a twangy guitar and quick hips, and the rock 'n roll youth market exploded. Meanwhile, older folks rejected it as a passing fad.

Today, the '50s influence can still be felt. The '70s are bombarded with rock 'n roll revival shows. Stars of that decade, like Paul Anka (right), Frankie Avalon, Neil Sedaka and Elvis, continue to have hits and draw crowds. Redoing the oldies is also a strong trend. Songs from the '50s (and '60s) are borrowed by Linda Ronstadt, John Lennon and the Bay City Rollers. Even singer/guitarist Bruce Springsteen's original songs echo the early rock 'n roll scene. And they said it wouldn't last!

Take a '50s Quiz

WIDE WORLD PHOTOS

Who said it?

1. "I'd like to do a song now . . . that really makes a lot of sense — Awopbopaloo-bop-alopbamboom!"
2. "I like Ike too."
3. "C'mon, Hoppy, let's go git them varmints."
4. "I have here a list."
5. "I give it a seventy."
6. "We will bury you."
7. "I coulda had class. I coulda been a contender."
8. "Why? Because we like you."
9. "I have to catch everybody if they start to go over the cliff . . ."
10. "DDT."

Can you name . . . ?

11. The chimp in the photo above.
12. The first Soviet satellite; the first American satellite.
13. Five fads of the '50s.
14. The theme song from *Blackboard Jungle.*
15. The New York Giants slugger famous for "the home run heard around the world."
16. The five most popular TV programs.
17. Norma Jean Baker by another name.
18. The big car flop.
19. A TV-quiz wizard caught cheating.
20. Five famous '50s pairs.

Answers: 1. Elvis Presley. 2. Adlai Stevenson. 3. Gabby Hayes as Lucky on *Hopalong Cassidy.* 4. Senator Joe McCarthy. 5. One of the many teens asked to rate a record on Dick Clark's *American Bandstand.* 6. Nikita Khrushchev. 7. Marlon Brando in the Academy Award-winning movie *On the Waterfront.* 8. Mouseketeers on *The Mickey Mouse Club* show. 9. Holden Caulfield in J. D. Salinger's book *Catcher in the Rye.* 10. A hip teen. It means drop dead twice. 11. J. Fred Muggs (others: Howdy Doody and Buffalo Bob Smith). 12. *Sputnik; Explorer.* 13. 3-D movies; hula hoops; Davy Crockett gear; UFO spotting; phone booth stuffing. Others: paint-by-numbers kits; spooking (hanging out); building bomb shelters. 14. *Rock Around the Clock.* 15. Bobby Thomson (1951). 16. *The Milton Berle Show, I Love Lucy, The Ed Sullivan Show, Gunsmoke, Wagon Train.* 17. Marilyn Monroe. 18. The Edsel. 19. Charles Van Doren. 20. Burns and Allen; Ozzie and Harriet; Lucy and Desi; Ralph and Alice Kramden; Debbie Reynolds and Eddie Fisher (or Eddie Fisher and Liz Taylor). Others: Grace Kelly and Prince Rainier; The Lone Ranger and Tonto; Peter Pan and Wendy; Dobie Gillis and Thalia; Joe Friday and Frank Smith; Chet Huntley and David Brinkley; Amos and Andy; Ike and Mamie; Matt Dillon and Kitty.

BACK TALK

It's not easy being seventeen . . .

By the age of seventeen, singer/songwriter Janis Ian had cut a million-dollar record *(Society's Child)*, dropped out of high school and retired. Today, at twenty-five, she's back at the top with three popular albums. Here's the way Janis feels about her teen years, as expressed in her song *At Seventeen* and in a recent exclusive interview.

*And those of us with ravaged faces/lacking in the social graces/desperately remained at home/inventing lovers on the phone**

"In high school I was four foot ten; that's about as short as it gets. I had curly hair when long straight hair was the "in" thing. I couldn't keep up with the fashion styles. I was outrageously loud and felt everyone would like me more if I was ethereal. It was a lot to contend with."

*To those of us who knew the pain/of valentines that never came/To those whose names were never called/when choosing sides for basketball**

"I was too short to be a good athlete. But teams were really selected on the basis of which clique you belonged to. I wasn't in a clique. I was different, an outsider."

*Their small-town eyes will gape at you/in dull surprise, when payment due/exceeds accounts received/at seventeen**

"It's ironic, but the girls who were gorgeous at thirteen are pathetic now. Sometimes the same girls who hated me in high school will drop backstage to ask if I remember them. They married early, grew ugly because they didn't take care of themselves and seem unhappy. They figured they'd always be good-looking and never built on anything else. When I was young and not pretty, I retreated into my music. I knew the horrible feelings of unpopularity and ugliness would pass. When I broke out of the age, my music was still there. Beauty queens don't have those things."

*And dreams were all they gave for free/to ugly duckling girls like me**

"I realized that the superficial, cruel people were stupid. Still, I built a defensive shell around myself. Isolation gave me time to dream and practice my music. In the long run I was fortunate.

"Life is easier as an adult. It's almost like my body has settled into itself, and I've decided I like me just the way

I am. It was hard to get here, but I'm stronger just because it wasn't easy."

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. . . and never has been

Got a case of the terrible teens? Maybe the cure is to compare notes with those who've lived through it. Here, several famous people recall the conflicts, insecurities and frustrations they experienced as teens.

Margaret Mead, noted anthropologist, above, complained of the "snobbery and cruelty" of the college sorority system: "I was invited to the Kappa rushing party. But when I arrived wearing my unusual and unfashionable dress that was designed to look like a wheat field with poppies blooming in it, my correspondent turned her back on me and never spoke to me again. . . . everyone had been given the signal that inviting me had been a mistake." *(Blackberry Winter,* William Morrow)

Simone de Beauvoir, the French author, describes her "difficult period": "I looked awful; my nose was turning red; on my face and the back of my neck there were pimples which I kept picking at nervously. . . . Not ill-naturedly, but with complete absence of tact, he [her father] would pass remarks about my complexion, my acne, my clumsiness which only made my misery worse and aggravated my bad habits." *(Memoirs of a Dutiful Daughter,* World/Crowell)

Rose Kennedy, below, mother of the late president John F. Kennedy, had to arrange tennis matches between her school and that of her boy friend, Joseph Kennedy, so they could steal a few hours together: "Formal 'dates' were very rare events among my age group in those days. Regular dates were taboo and 'going steady' was completely out of the question. This was a serious problem for Joe and me, and one we had to work out, as best we could, through 'innocent' strategems." *(Times To Remember,* Doubleday)

Scientist **Albert Schweitzer's** "passion for discussion" often got him in trouble: "My aunt scolded me for being insolent, because I wanted to argue out my ideas with grown-up people as though they were my own age. If we went to pay a visit anywhere, I had to promise my father not to spoil the day for him by 'stupid behavior during conversations.' " *(Memoirs of Childhood and Youth,* Macmillan)

Benjamin Franklin couldn't get along with his older brother James, to whom he was apprenticed: "I fancy this harsh and tyrannical treatment of me might be a means of impressing me with that aversion to arbitrary power that has stuck to me through my whole life." Eventually he ran away from home. *(Benjamin Franklin: Autobiography and Selections from His Other Writings,* Random House)

U.P.I. PHOTOS

Winston Churchill, Great Britain's World War II leader, above, wasn't nostalgic about his teens: "In retrospect these years form not only the least agreeable, but the only barren and unhappy period of my life . . . It was an unending spell of worries that did not then seem petty, and of toil uncheered by fruition; a time of discomfort, restrictions and purposeless monotony." *(My Early Life,* Charles Scribner's Sons)

Sonda Miller, Fabergé Newcomer

"I just discovered Faberge's Eye Colors and Flatterlash Mascaras."

Sonda Miller is a designing woman.

She's an architectural graphic artist whose designs have appeared in major airports, hospitals, universities, music centers and municipal projects. She specializes in directional systems, and it's easy to see which way she's headed.

Because Sonda is an up and comer.

She's also a Fabergé Newcomer. She's discovered the artistry that goes into Faberge's super-smooth, new moisturized Eye Colors. Sonda gets creative with the wide range of 8 long-lasting shades, from Blue Mist to Icy Pink. Then she completes the picture with one of Faberge's water-proof, smudge-proof Flatterlash Mascaras.

And when she's done, Sonda's certain her eyes communicate as beautifully as her graphics.

Express yourself. Come to the Fabergé for great-looking Eye Colors and Flatterlash Mascaras. Especially if there's someone you have designs on.

come to the Fabergé

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Exercise your body. Ten-O-Six your face.

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At Bonne Bell, we believe in outdoor exercise. Especially running, because almost everyone can do it every day. And because it helps give you the glow of good health. But to keep your skin in glowing condition, you need more than exercise. You need Ten-O-Six Lotion. It's the remarkable cleanser that acts like a mini-facial,

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revving up circulation, getting pores deep-down clean,
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And Ten-O-Six your face at least twice a day.

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THE NEW ROLL-ON LIP GLOSS.

THE ULTIMATE SHINE. IT COULD ONLY BE A LIQUID.

So, because you needed it, we've created the ultimate shine. Perfect Lipshine It's not a pot, but a smooth roll-on liquid lip gloss. Unbelievably wet and luscious, a lasting shine you never thought possible. And only a creamy liquid could do it.

And, whether you wear it over lipstick or alone, Perfect Lipshine is the glowingest, shiniest, gleamiest, shine around.

THE EASIEST WAY TO SHINE.

And, because Perfect Lipshine is a roll-on, it's never messy or complicated. No more sticky fingers.

It always goes on evenly and in just the right amount.

In other words, Perfect Lipshine is the perfect way to shine.

THE PROBLEMS WITH SHINE.

As beautiful and luscious as shine looks on your lips, there are definite problems getting it there.

Because so far the shiniest shine has come in pots. But, unfortunately, they're practically as messy as they are shiny. So you end up with shining fingers as well as shining lips.

3 WAYS TO SHINE.

Perfect Lipshine comes in 3 beautiful shines. 3 beautifully different looks, and the only ones you'll ever need. Perfectly Clear for an absolutely pure transparent shine. Perfect Frostshine for a silvery gleaming shine. And Perfect Goldshine for a golden luscious glow.

YOUR FACE BY COTY

© Coty, N.Y.

I thought I knew everything about my period.

But there's one thing I didn't know.

I didn't know my period involved such a serious loss of iron. Iron that even a normal, well-balanced diet doesn't always replace.

And if I don't do anything about replacing this essential iron, I could be a candidate for iron deficiency anemia.

Well, that I don't need. So I take FemIron. FemIron's the easiest, most effective way I know to help replace the essential iron I lose each month.

Just one FemIron tablet every morning gives you all the iron you need for rich, red blood, and for protection against anemia.

And there's also FemIron with Vitamins. One tablet each day not only gives you all the iron you need, but all the important vitamins too.

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

Supershowers

Change your clean scene from ordinary to exhilarating with a new shower-massage system

Ever take a shower that felt so good you could have stayed in it for hours? Think of one ten times better! That's the feeling you'll get when you try a new device that releases pulsating jets of water to soothe hard-worked muscles and stimulate circulation. Shower massagers are available in wall-mounted models or hand-held versions with a flexible hose and holding bracket (these usually cost more). All adjust to give a straight spray, a massage or a combination of the two. Take your pick and spray your way, with gentle or brisk action. Start by checking out the tips below.

If a free and easy shower is your speed, a wall-mounted unit is perfect. You just stand still and let the water wash away your cares! The Shower Massage by Water Pik, shown above, is a good one to try. Use the combination spray/massage setting for a neat facial. It's priced at $25. Hand-held model; $40. Want to feel tingly clean all over? Shower with a foaming bath gel. Rainbath Bath Gel by Neutrogena cleans and softens skin. And it comes in a safe, unbreakable plastic bottle.

For girls who want more control over things, a hand-held system is the handiest. Try it when you want to rinse sandy feet, have spot massages (let warm water beat down on tense areas like your neck and lower back) or shampoo yet skip the shower. Shown: Conair's Water Fingers, with a snap-on brush for the body and one for the scalp (great when used with a rich shampoo, like Prell Concentrate in a convenient tube). Water Fingers with brushes; $35. Wall unit; $22.

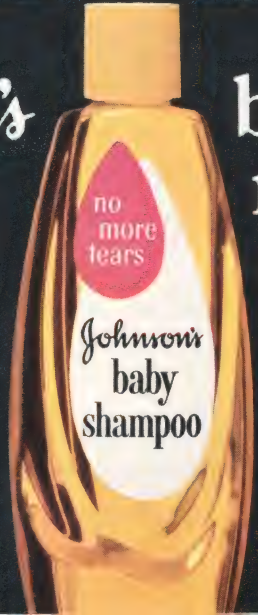
ANKE VAN DUN

"I used to have every-other-day hair"

"Shiny and lively one day. . ."

"Dull and limp the next. . !"

"But Johnson's baby shampoo makes my hair pretty every day."



It's gentle enough to use every day

© Johnson & Johnson 1976

The Ultimate Tennis Shoe.

Incredibly comfortable, unusually handsome, predictably expensive.

The Bancroft Tretorn Tennis Shoe is just about the most comfortable in the world.

In fact, they're so comfortable, a lot of people wear them off the court, too. At these prices, they should be good for more than just tennis.

The Bancroft Tretorn Tennis Shoe. Imported from Sweden, in canvas or leather.

A Better Brand of Tennis Bancroft® TRETORN

FASHION

Sport T

is a hit with skirts and pants

STEVEN STIPELMAN

Baseball, anyone? You don't have to play the game to relate to the striking good looks of this uniform takeoff. Short-sleever in ecru striped with red and blue has a Y neck, patch pocket and super shirttail bottom. Slip it over your favorite gear and go! Of acrylic/cotton knit, by Checkmate; $19. Available at Macy's in New York.

Physical fitness is beautiful.

Something beautiful is happening to girls. They are not just spectators anymore. They're into Physical Fitness. The results are simply beautiful when parents support the Physical Education programs of their schools.

The President's Council on Physical Fitness & Sports,
Washington, D.C. 20201

Love invents the answer to Cathy's oily skin problems.

Cathy felt that her face was one big oil well, and hated the "shinies" that happened around her nose, but she also hated a "chalky" makeup look. So Love showed her 'Clean & Natural,' oil-free* gel makeup that holds back oily shine. The big picture shows it in action, blotting up excess oils while looking fresh and natural. Now Cathy glows. But she sure doesn't shine.

Cathy Coyle, Los Angeles, California.

Get the fresh, clean look and keep it hours longer with 'Clean & Natural' Oil-Free Gel Makeup. Helpful blotters soak up excess oils that cause shine and clog pores. Your skin breathes. You feel clean and glowing because it's gel-sheer. And so popular we just invented Love's new Oil-Free Gel Blusher, too. They may well be the answer to your oily skin problems.

*Contains no animal, vegetable or mineral oils.

'Clean & Natural'. Oil-Free Gel Makeup by Love Cosmetics.

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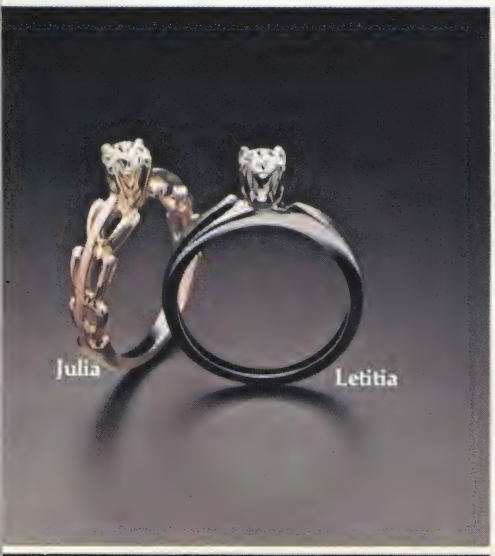

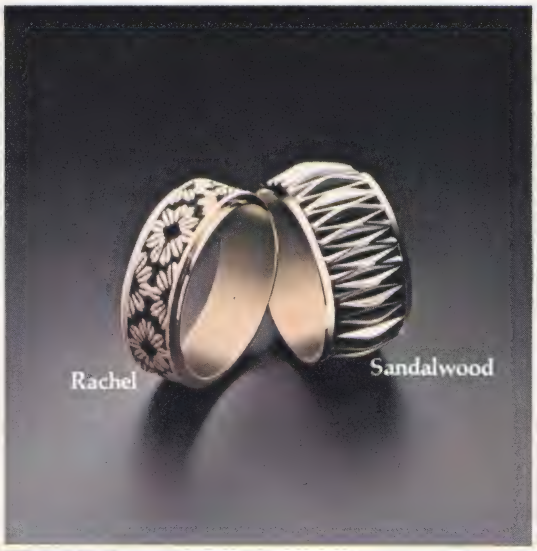

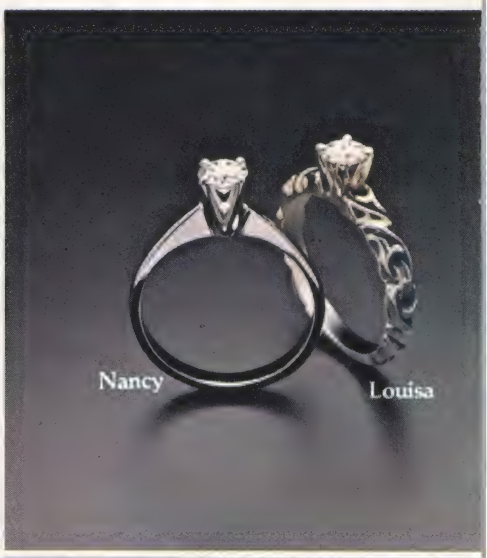

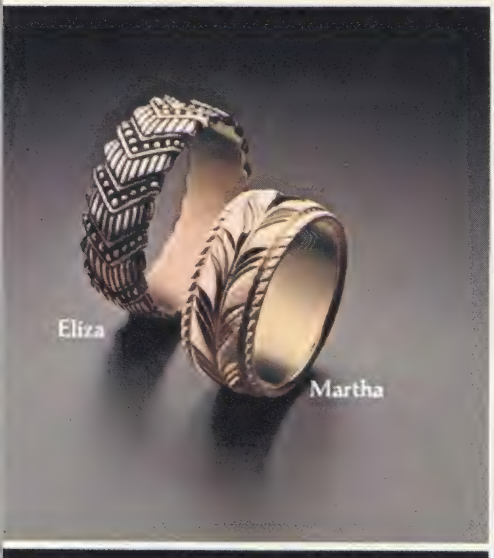

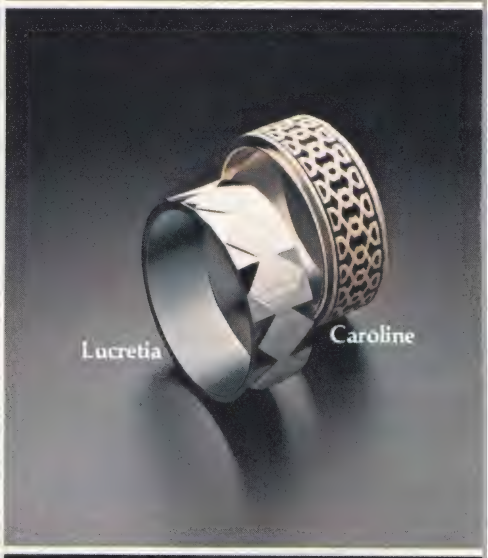

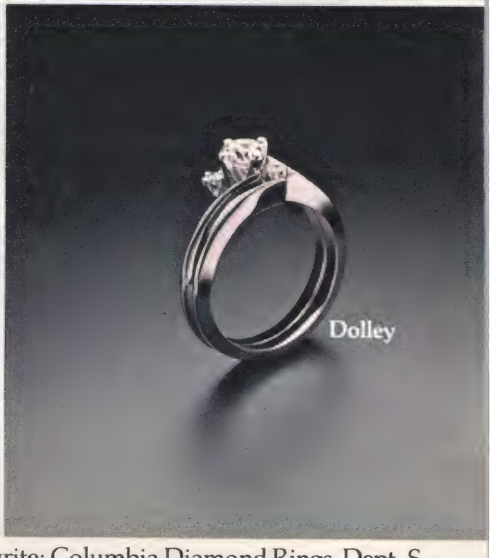

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writers

Prizes: A $500 first prize, a $300 second, a $200 third and six honorable mentions of $50 each. The three top prizewinning stories will appear in SEVENTEEN's January 1977 issue.

How to enter: Your story should not exceed 3,000 words. Type it (double-spaced) on one side of the paper only, with name and address at the top of each page. Submit as many stories as you like, but with each one, send a signed and notarized statement attesting to your birth date (month and year) and to the fact that the entire story is your original work and that no part of it has been previously published in any form. Stories cannot be acknowledged or returned. *Entries must be postmarked no later than July 1, 1976.*

Judging: The editors of SEVENTEEN will evaluate the stories on the basis of literary worth, originality, naturalness of dialogue, convincing characterization and suitability for publication in SEVENTEEN.

artists

Prizes: A $500 first prize, a $300 second, a $200 third. Winning art will appear in the January 1977 issue as illustrations for the three top prizewinning stories in the Short Story Contest.

How to enter: Submit samples or slides of your work—any medium, any size. Send work flat, without frames or glass. Enclose all samples together in cardboard or a portfolio with your name, address and birth date (month and year) on the portfolio and on the back of each work. Include a self-addressed postcard if you want acknowledgement of arrival. Work will be handled with care. Reasonable effort will be made to return it if it is clearly marked with name and address *and sufficient return postage is included.* SEVENTEEN cannot be responsible for loss or damage to art work. *Entries must be postmarked no later than July 15, 1976.*

The finals: In late August, contestants selected as finalists will receive a copy of a winning story to illustrate. These illustrations will then be judged by SEVENTEEN's art director on the basis of skill, originality, interpretation and suitability for publication in SEVENTEEN.

photographers

Prizes: Six $100 prizes. Each of the winning photographs will appear in the January 1977 issue.

How to enter: Submit *no more than two* color or black-and-white photographs. Include your name, address and birth date on the back of each print. Developing and printing may be done either by a photo finisher or by you. *Save negatives from which submitted prints are made, but send no negatives until requested.* Do not mount or retouch in any way the prints or the negatives from which they are made. Cropping and enlarging are permissible. If you want your photographs returned, enclose a self-addressed, stamped envelope. *Winning photographers will be asked to obtain a written consent for publication signed by each recognizable person in the photograph. Entries must be postmarked no later than July 15, 1976.*

Judging: Pictures will be judged by the art director on interpretation, photographic quality and appropriateness for publication in SEVENTEEN.

important rules for all

You're eligible to enter (both boys and girls) if you'll be at least thirteen and less than twenty on July 1, 1976. Employees of Triangle Communications Inc. and their immediate families may not compete. Only your own original work that has never been published in any form may be submitted. Mark entries for the Short Story, Art or Photography Contest and send to SEVENTEEN, 850 Third Avenue, New York, N.Y. 10022. SEVENTEEN cannot be held responsible for damage or loss. The editors' and judges' decisions will, of course, be final. Winning entries will become and remain the sole property of Triangle Communications Inc. for all purposes whatsoever.

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ARTICLE

COURAGE ON CRUTCHES

Nineteen-year-old Karen Casper was the first American to survive cancer of the lymph glands. Today, without the use of her legs, she is a champion athlete

by Celeste Callahan

"If life shortchanges you in one department, it's likely to give you a full hand someplace else." Karen Casper's ring-festooned fingers comb through the long taffy hair that frames her cover-girl face. Her brown Earth Shoes point in the direction of a pair of crutches leaning against the sofa. And strewn casually across the floor is an array of trophies, medals, ribbons, newspaper clippings and photographs. "At least that's what Babe Didrikson said."

A pretty girl, crutches and trophies: strange companions. But nineteen-year-old Karen, from White Bear Lake, Minnesota, is an athletic champion. And the gold medals are from international wheelchair competitions as well as from the Paraplegic Pan-American Games.

Karen was about nine months old—the age at which most babies begin to walk—when her parents discovered that she couldn't put weight on either leg without crying. Extensive hospital tests showed nothing. But one day while Mrs. Casper was massaging Karen, she noticed a lump on the baby's back. A biopsy was per-

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formed immediately. The diagnosis: cancer of the lymph glands.

Her parents were told that Karen had about six months to live. But the Caspers refused to accept the death sentence and began to make unsuccessful rounds of the specialists. And then the doctors tried a long shot: cobalt treatments and vitamin B_{12} injections, only recently discovered to combat such cancers. It paid off, and Karen became the first American to survive the disease.

But the malady had left its mark. Nerve cells that operate the legs had been destroyed, and Karen has never walked.

"In that way, I'm lucky." She grins, adjusting the brace hidden well by jeans. "I never had to accept a change. A high school friend of mine was a cheerleader; she's now a quadraplegic. She broke her neck doing a backflip when she was fourteen years old. For her, life ended with the wheelchair. For me, life has always been the wheelchair."

But what is life like on crutches—or alternately in a wheelchair? You make do. You don't know anything else. You've been dealt these cards, so you play them. "There were seven of us children running around —I'm next to the youngest—and my parents didn't have time to single me out for pity," she recalls.

Her sister Debbie and she are close in age; where Debbie went, so did Karen. "And many times it wasn't until we arrived that I realized what problems I might've had.

"One time Debbie and I were going to a concert with my brother and his girl friend. We'd stopped at a hamburger place, and I wanted to go to the bathroom. Because we were in a hurry, my sister decided to carry me to save time. Well, we started laughing, and the manager came out and accused us of being drunk. He was really embarrassed when he found out that I couldn't walk."

Today, even with the "hardware," Karen carries on like any other teen-ager, except that she's more active than most. She has been a Campfire Girl for ten years, sings with the church choir and has had a "Hani-Ham" radio license to communicate with other disabled people ("Hani" is for handicapped). She also drives a car, using hand controls.

Through on-the-job training for high school credit, Karen got a job in telephone sales at Sears where she still works each day after school. She helps at her father's candy store and plays wheelchair basketball once a week on the women's Rolling Gophers team at Minneapolis' Courage Center. Since graduation from White Bear's Mariner High School, Karen has taken general *(continued on page 70)*

"I'd say 50 percent of the guys I date are paraplegics, partly because of our mutual interest in the wheelchair games and partly because—well, they understand"

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COURAGE ON CRUTCHES

continued from page 69

courses at the local community college.

And she dates. "Oh yeah, I—uh—keep company." Her brown eyes flash amusement. "I'd say 50 percent of the guys I date are paraplegics, partly because of our mutual interest in the wheelchair games and partly because—well, they understand. The others I date, the able-bodied—or A.B.'s—are older, more mature. It takes someone mature to see through a handicap to the person on the other side."

Where does she go on dates? "Movies, bars, restaurants—wherever. My only regret is that I can't walk in the woods. Sure, I can get on my crutches and

"My only regret is that I can't walk in the woods," says Karen. "I see myself participating in beautiful things by sitting"

hobble about, but it would ruin the spontaneity, the naturalness of it all. Life for me has been colored by all those magazine articles and TV commercials—you know, the girl running along the beach in the sunset. I just couldn't spoil it for myself or for anyone else by joining in with my wheelchair. I see myself as participating in beautiful things by sitting."

Although Karen is matter of fact about her capabilities, her life is hardly easy. Like most paraplegics, she has some difficulty with bladder control. Her hands are always dirty from the wheels on the wheelchair. Clothes, she asserts with vehemence, no matter how pretty on the models, look wretched on a paraplegic. The overuse of the arms and shoulders gives a top-heavy appearance.

"I had to wear corrective shoes to fit over the braces when I was in grade school. I'll never forget the girl in first grade who called me a baby because of the white high-tops!

"But one incident stands out above all others and to this day burns me up." The big brown eyes begin to narrow. "One time a couple of years ago, I went roller skating with my friends. Yes, roller skating. I had to decide whether to just hear about my friends' adventures—or to run with them. I paid my money, got skates fitted—big enough to fit over the braces—and got out on the floor. I'd made it around once—successfully, using my crutches in ski-pole fashion—when the owner came out and told me to leave. I was a hazard!

"I mean, you work hard for years trying to overcome a handicap and to reach *(continued on page 72)*

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No-tangle swivel cord.
Curling clip for 10-second curls.
"Ready" dot on clip shows when unit is ready to curl.

CRAZY CURL 'n SHAPE* by CLAIROL

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Join the Freedom Kick at Nobil's
As natural as leather can be... lighthearted, soft as a kiss, made to liberate freedom-lovin' feet. All in foxy new styles, $12.99 to $17.99 with accessories to match. Join Nobil's big freedom revival... you've got some kicks coming.
NOBIL'S
a McDonough company

COURAGE ON CRUTCHES

continued from page 70

some degree of normalcy, and someone tries to tear it down in one minute. That incident made me question whether I was doing the right thing, trying to be like everyone else. Why wasn't I home painting pictures with my teeth!"

It was then that Karen discovered wheelchair athletics at Camp Courage—a creation of the Minnesota Society for Crippled Children and Adults. Wheelchair games are held under the auspices of the National Wheelchair Athletic Association, conceived twenty years ago to rehabilitate war veterans, specifically by playing basketball. NWAA now includes paraplegics and amputees in just about all major track and field events, from racing to shotput. It also gave Karen the opportunity to travel to the regional championships in Moline, Illinois, to the nationals in New York and to the international games in Peru, in Mexico and in England twice.

"I don't care for field events, so other than shotput I've stuck with track," says Karen, who weighs one hundred pounds and can press a 150-pound weight. "I was groomed for the sixty-yard dash and practiced by wheelchairing a mile to school every day." But her real forté is swimming, "without the wheelchair," she quickly adds. Her laugh is easy. Karen swims without the use of her feet and legs, automatic propellers for the able-bodied. Her times are half as fast as those clocked in regular women's high school competition: 45.7 seconds compared to 29.5 seconds for the fifty-yard freestyle.

"At first I was really scared. I mean, I'd always been a pretty good swimmer, but large-scale competition would—well, maybe I wouldn't do as well out there. And it's a hard thing to admit your limitations."

Yet, from England Karen brought home one gold medal and two bronze ones, and in Peru she placed in all seven events she entered. In Mexico City, as the youngest member of the American team, she won medals in breaststroke, freestyle and backstroke. She holds five national records and one world's record, "but that one's probably broken by now."

Karen hopes to work in rehabilitation counseling and is especially interested in education of the deaf and speech therapy. "That's what being *(continued on page 74)*

Try new improved Stayfree* Maxi-Pads. Now they work even better.

New, improved STAYFREE* Maxi-Pads do even more of what a full-size beltless napkin should do for an active woman like you.

Wider adhesive, to stay in place better.

We've made the adhesive strip wider. Now, when you uncover it and press it on to your panties, the Maxi-Pad stays in place better than ever. So when you're moving around, you know you're secure with a STAYFREE Maxi-Pad.

More absorbency, for more protection.

New, improved STAYFREE Maxi-Pads are still the same size. But we've more than doubled its full-size absorbency. We covered both the bottom and sides of the napkin with a special moisture-proof protective shield. Now, you'll feel more protected and secure.

Softer cover, for more comfort.

We've given STAYFREE Maxi-Pads a wonderfully soft new cover. Which makes our beltless napkin even more comfortable.

Convenience, too.

STAYFREE Maxi-Pads are convenient. It's so easy to put on and change. More comfort and more convenience are the reasons millions of women have switched from traditional napkins to STAYFREE Maxi-Pads.

You too will find they're a better kind of full-size beltless protection.

The Number One Full-Size Beltless Protection for Active Women.

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HER NEW ALBUM

INCLUDES
Pride Of Franklin County
Depend On You
Ain't That A Shame
Leave Him Alone
You've Got Me To Hold On To

Makin' Love Don't Always Make Love Grow
After The Thrill Is Gone
Don't Believe My Heart Can Stand Another You
Here We Are
My Cowboy's Getting Old

MCA RECORDS

MCA-2167

COURAGE ON CRUTCHES

continued from page 72

handicapped does—it makes you more aware of the difficulties of others," she says. It is this awareness that has led Karen to become involved with the human sexuality seminars for the disabled run by the University of Minnesota in Minneapolis.

"Just because people can't walk doesn't mean that they can't have normal sex lives," Karen asserts. "A friend on our basketball team is married and has two children, and she's a quadraplegic! I have another friend who's in a wheelchair and on a catheter and very much afraid of dating and the involvement it might lead to. It's for her and those like her that this seminar exists."

She continues. "Legislation and building codes are doing great things for the handicapped. Special parking places, ramps, toilets, doors are vital—as is the opportunity to work. But now that the public is more aware of the handicapped, attitudes must change. We want to be recognized as people," says the Twin Cities' Outstanding Handicapped Youth and the regional runner-up in the Miss Wheelchair America contest. "I want a job typing because I can type, not because I'm handicapped. I don't want to be some company's token cripple."

"If life short-changes you in one department, it's likely to give you a full hand someplace else"

Once timid about learning her limitations, Karen is now concerned about realizing her potential. To each new challenge she says, "You don't know until you try." ❦

Wouldn't it be great if you could just wring out your oily skin?

That's the whole idea behind new Clearasil® medicated cleanser.

Your face is kind of like a sponge—full of tiny pore openings that can trap dirt and excess oil.

It's easy to get dirt and oil out of the sponge—just wring it out. But you can't wring out your face.

That's why there's new Clearasil medicated cleanser. It actually dissolves skin oil. Then it penetrates deep to pore openings and gently lifts away trapped dirt.

This new cleanser from the makers of Clearasil removes the dirt and oil that soap and water can leave behind, and it helps control acne skin problems, too.

New Clearasil medicated cleanser. Because you can't wring out your face.

Free Sample

New from Clearasil

FREE 1-oz. sample of Clearasil Medicated Cleanser.
Attention: Director of Consumer Correspondence
Vick Chemical Company
Box 5066, Smithtown, N.Y. 11787
Please send me one free sample of Clearasil® Medicated Cleanser.
Enclosed is 25¢ for postage and handling.

30-05 4/1/76

Name _____
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Skin-care product currently using, if any

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Limit one per person. Allow 3 to 4 weeks for delivery. Offer good only in the United States. Void where prohibited, restricted or taxed. Supply limited. Offer available while supply lasts. **Offer expires December 1, 1976. This form plus 25¢ for postage and handling must accompany your request, or it will not be processed.**

Free for All

A grab bag of your ideas and impressions

Revelation

Exhibitionist
I am:
Baring my soul
to anyone
Who will tell me
it is
still there.

—Kathy Huson, Spokane, Wash.

Booking It

George Washington was arrested for stealing chickens; Uncle Tom's cabin still stands (fact). Killing a toad will bring rain, but if you'd rather have good luck, spit into your hands (folklore)!

These tidy bits of information were uncovered by 70 Woodward High seniors from Rockville, Md., when we researched and wrote *A Seed from the Black-eyed Susan,* a history of our native Montgomery County.

This school-inspired Bicentennial project took nine months of work. We combed county records, old newspapers, books, did interviews, visited historic sites. *A Seed from the Black-eyed Susan* (named for the state flower) includes not only folklore and fact but photos, artwork and recipes too. Proceeds from sales will be donated to charity. For a copy of your own ($2.50) or more information on how to do your own book, write me at 7001 Old Stage Rd., Rockville, Md. 20852.

—Lisa Brugger, Rockville, Md.

Catatonic

When my cat Monty was born, there was nothing interesting about him. I favored his brother Cazoo. *He* moved with determination. Monty just lay there.

Cazoo grew up playful, chasing yarn and pawing spiders. Monty watched or slept.

One day, a talent scout from a cat food company came to my home. "I'm looking for cats for commercials," he said. I knew Cazoo would be a star! I'd teach him to sign autographs and drive a Rolls Royce. But when I introduced Cazoo, the rude man asked for another cat. I showed him the sleeping Monty. The man said he was purrfect. "For what, a paperweight?" I asked. We signed the contract, and he took Monty away. They used him to prove their cat food could wake up any cat, even "Sleepy Monty."

Monty became a star. There were "Sleepy Monty" posters and T-shirts. When Cazoo and I watched TV, Monty would appear on the screen. He looked as if he was laughing at us.

Every three months Monty would come for a visit, looking high and mighty in his mink coat and sunglasses. He never did look good in mink.

Shortly after Monty's big success, I got a letter asking for more cats like him. By some miracle, I raised the drowsy cats the sponsor wanted. I became an expert on cats. I wrote articles, attended cat food conventions.

Years later, Cazoo was run over when the sponsor's truck delivered complimentary cat food. Monty died from high blood pressure. As for me, well, I just pussyfoot around the place.

—Evelyn Bernitt, Williamstown, Ky.

Back Grounds

What do you say to a man
When you've thrown his roses
into the garbage can
with yesterday's coffee grounds
and
sad regrets?

—Kathleen M. Sweeney, Seneca, Pa.

Sew Sad

My lone enemy is a 40-year-old sewing machine. Every time I come within a yard of it, the pressure foot starts snarling! And when I try sewing on it, it tangles the thread, sputters along the difficult seams or loses the bobbin, so I have to chase under the furniture to retrieve it.

I've tried everything from kisses to threats to make it behave. But the only time it works is when someone else is in the room. I protest and tell my visitors that the machine is putting on a show. They pat my hand, give me pitying looks and tell me kindly that machines aren't alive.

But when they leave I hear "heh-heh-heh" coming from its wheel. I suffer crooked seams, uneven hems and dark circles under my eyes. As for the machine —*it* has never looked better.

—Andi Casson, Rome, Italy

More on page 78

Sears Mates Mix and Match

They mix 'cause they're dyed to match. Now 2 outfits make 4 outfits.

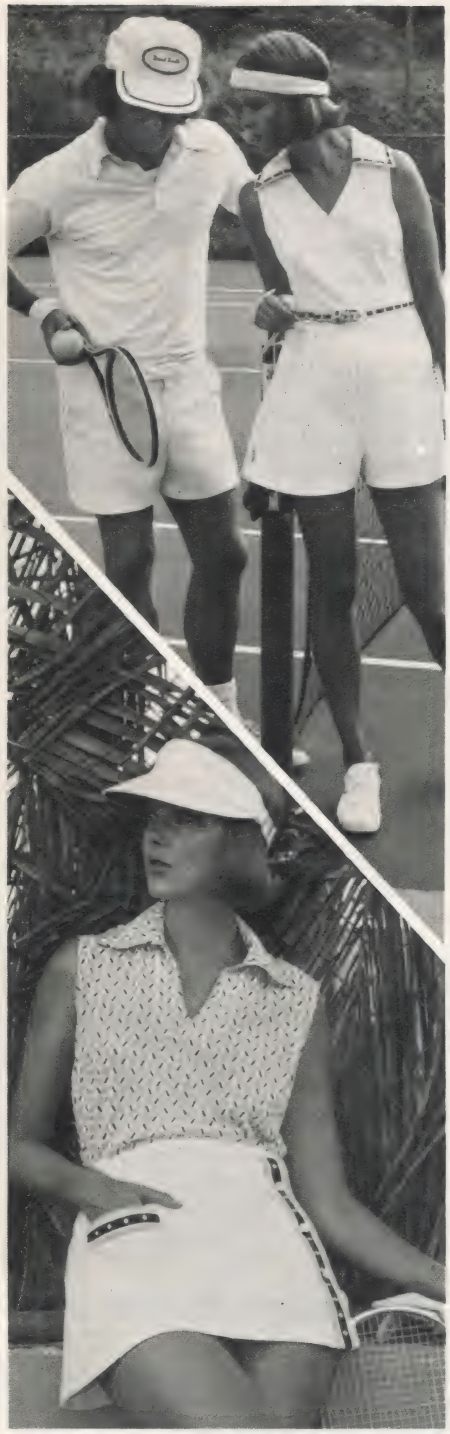
Wrap skirt and pants—each under $17. Striped T-top and print shirt—each under $10. Sleeveless tank top—under $7. At most larger Sears, Roebuck and Co. stores. Similar styles in the catalog. Available in junior sizes.

Sears

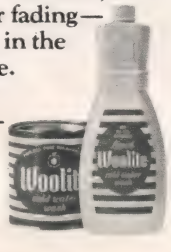
Sears Junior Bazaar

David Smith, leading sportswear designer, says:

Wash in Woolite®



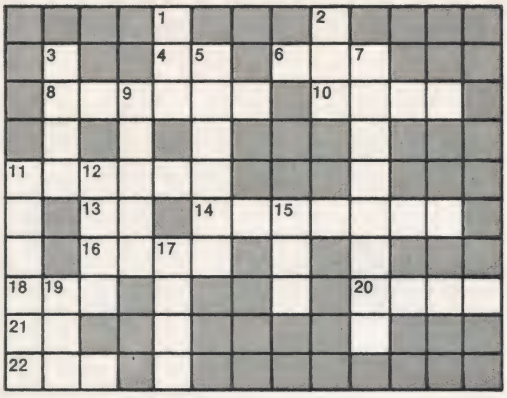
Woolite costs just pennies a wash.
One capful in your basin...¼ cup in your machine, safely cleans fine washables in cold water.
Woolite gives you handwash safety—no shrinking, stretching, or fading—for your fine washables, in the basin, or in the machine.



You'll look better—
You'll feel better—
in the clothes you wash in Woolite.

continued from page 76

Sitting Duck



The front door slams shut with a hollow echo. The two of you are alone at last. You turn to face him, heart pounding. You've waited so long for this moment. Will it be as perfect as you hoped? He's coming toward you with a smile—but what's in his hand? A squirt gun? Oh, no, it wasn't supposed to be like this.

Welcome to the world of baby-sitting. It can be one of the most rewarding ways to earn money, acquire responsibility and get to know kids. But are you qualified to be one? Find out with this puzzle from "The Guide for the First-time Baby-sitter" (Johnson & Johnson Co.). For a free copy of the booklet, write Barbara Peters, Johnson & Johnson, 501 George St., New Brunswick, N.J. 08903.—**Gaby Belson, Jamaica, N.Y.**

Across

4. _____long as you try your best, you can be a professional baby-sitter.
6. The wrong game to play just before bedtime.
8. Never leave a baby alone, even when he's_____(2 words).
10. This shouldn't be answered while bathing a baby.
11. Establish rates and duties_____ starting a job.
13. Have important phone numbers on hand_____case of an emergency.
14. Name for a baby who can walk.
16. Parents can_____on a dependable baby-sitter.
18. Never force a child to eat and tell parents what he_____.
20. A little child needs lots of loving _____.
21. Going_____sleep on the job is unprofessional.
22. Baby's bathwater should never be this temperature.

Down

1. Baby's friend (slang).
2. Try to be friendly but firm if a child does something_____.
3. Establish this before you start a baby-sitting job.
5. Baby-sitter's most important concern.
7. Our wish to you on your first baby-sitting job (2 words).
9. Use this to call for help in an emergency.
11. Keep plastic bags away from babies. They can stop flow of_____.
12. You and the child should leave home immediately if there is a_____.
15. Good time for a beginning baby-sitter to work.
17. All children need lots of_____.
19. Playing with a child is important _____.

ANSWERS

Across: 4. as. 6. tag. 8. at play. 10. door. 11. before. 13. in. 14. toddler. 16. rely. 18. ate. 20. care. 21. to. 22. hot. Down: 1. pal. 2. bad. 3. rate. 5. safety. 7. good luck. 9. phone. 11. breath. 12. fire. 15. day. 17. love. 19. too.

Bache-lore

What's the first thing that pops into your mind when you hear the word *bachelor*? A suave man-about-town, a handsome executive who likes women, Broadway shows and sports? A guy who prefers to play the field?

Now—what about the word *spinster*? Aha! You probably think of a thin-lipped old woman in a black dress, glasses perched on her beak nose, who hates children and resents all women who "caught" husbands.

Both words mean an unmarried person. But one is a compliment, and the other's an insult. If men are bachelors, women should be bachelorettes! Many women are single by choice, not circumstance. So let's rid nonmarried women of the curse of spinsterhood.

—Eileen Mitchell, Pleasanton, Calif.

Scene Unseen

i wonder if the mountains
still
stand
when i turn my head
or
do they dip their peaks and
nod at my retreating back?

—Sharie Taylor, Dallas, Tex.

Free for All is your literary potpourri. If you have an *original* story, poem, article or some practical advice you want to share, write it in no more than 200 words and mail to SEVENTEEN, Free for All, 850 Third Avenue, New York, N.Y. 10022. We'll pay you if we use your work. Only those manuscripts being considered for publication will be acknowledged (within eight weeks of their arrival). None will be returned.

It's "Gee, Your Hair Smells Terrific." The shampoo that not only gets your hair clean, but leaves it with a little surprise. A soft, young, breezy-fresh fragrance. Like meadows of wildflowers in spring. Gentle "Gee, Your Hair Smells Terrific" shampoo. And same-fragrance, rich-rich conditioner. You'll see: they'll do nice things for your hair. And for you!

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Available in normal/dry and oily hair formulas.

my political summer

A report from a student who worked for Senator Edward Brooke

by Wenda Leigh Harris

"A woman's place is in the House . . . and in the Senate." Or helping those who serve there. Last summer I worked as a student intern for Edward Brooke, Republican, senator from Massachusetts. With five other student interns, I joined Senator Brooke's Boston office on a volunteer basis; we wrote letters and press releases, researched bills and answered the ever-ringing telephones. The internship earned me two courses' worth of credits at Trinity College in Hartford, Connecticut. Most important of all, though, I learned much more working in a political office than any class could ever have taught me.

Every problem presented a new challenge. And there was never a formula for what we should say; intuition played a large part

When I began shopping for summer work with writing opportunities in Boston, experienced college friends encouraged me to explore the possibility of a political internship. I called each of the Massachusetts senators' offices to inquire, and Senator Brooke's executive assistant gave me an appointment for an interview. The meeting was mutually informative—and satisfying. When it was over, I was taken on.

A senator's home-state office handles the problems of his constituents—all the people he represents. A typical example during my first week was the woman who complained to us about the short supply of canning jar lids. She wanted an explanation from the manufacturers, who hadn't answered her letters. When Senator Brooke prompted them, though, she got it.

There was never any formula for what to say to constituents, because many problems were one of a kind. Intuition had to play a large part in how I dealt with a given situation. And we followed up on every phone call and letter, no matter how simple or complex, how reasonable or absurd. I learned to be a good listener and get all the details. I also became familiar with the kinds of organizations we could turn to for help. For instance, when one Boston resident called us because he had no electricity in his apartment, I wrote down his address, how long he'd been in the *(continued on page 82)*

You compared hair removers and switched to a spray.
Now compare sprays...and you'll switch to Scholl.

Scholl is a specialist in foot and leg care.

So we took our time in developing the most effective, convenient and economical leg hair remover we could create. It had to be a Scholl-quality product.

New Scholl Leg Hair Remover is just that. A pleasantly scented spray-on foam, exclusively formulated to leave your skin feeling smoother. And it works beautifully.

In fact, we want you to compare Scholl with the two best-selling sprays:

Compare. One leading product foams on thick, like shaving cream, and needs to be spread with the fingers. Scholl sprays on in a thin, even layer that adheres to the skin without spreading by hand.

Compare. The other product is a spray-on foam with a consistency similar to Scholl, but the price is not similar: Scholl costs less, much less, thanks to our economical packaging innovation.

You already know the advantages of a spray-on hair remover compared to creams, lotions or shaving.

Now learn the advantages of using Scholl. Make the comparison with your present spray and your smooth legs will prove that Scholl was worth waiting for.

Scholl

Look for Scholl Leg Hair Remover wherever depilatories are sold.

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Love's Baby Soft.
Because innocence is sexier than you think.

Love's Baby Soft® is that irresistible, clean-baby smell, grown-up enough to be sexy. It's soft-smelling. Pure and innocent. It may well be the sexiest fragrance around.

Love Cosmetics

MY POLITICAL SUMMER

continued from page 80

dark and when he'd paid his last bill. Then I called the Boston Housing Authority, which controlled the building, and an electrician was sent over.

Not all of my "cases" were solved so easily, though. Some, especially if they involved the military, could take weeks or months. More than once I had to tell a serviceman that he would have to go on active duty instead of going to school. In one case, a young man had left school to help support his family when his father died. But he had been in a campus ROTC program and had a contract with them. When the Army discovered he had left school, he was obliged to report for duty—despite Senator Brooke's efforts on his behalf.

Many times I felt angry or frustrated. Often I was asked to call mayors within the state to tell them that Senator Brooke had been able to get them the federal funds their cities needed. Though most of them thanked me, one responded, "Is that all I got? Well, you tell your boss for me that I could use $500,000 more!" You can't afford to hang up on that kind of conversation. And it's not easy to stay cool when a male constituent calls you a "dumb broad" before you've said more than hello or to resist sounding skeptical when another caller tells you what a close friend of "Fred Brooks" he is.

Everyone who contacted us presented a new challenge for me. None of them was the kind of challenge normally found in a classroom. Once we even had a group of people arrive—equipped with sleeping bags, breakfast, lunch and dinner—at the senator's private office for a sit-in to protest the increase in summer housing rates on Cape Cod.

Because constituent work covers a wide range of services, the division of labor in the Boston office has been well defined. The office is run by Senator Brooke's executive assistant, Jack Lichtenstein, who also helps cities and towns obtain federal funding. The senator's policy director is Roger Woodworth, who has been with him for fifteen years. The other nine staff members include a project assistant who helps funnel federal funds to organizations such as hospitals, rehabilitation centers and senior citizen groups; three caseworkers specializing in veterans, the military, Social Security problems; an advance man to keep the senator on schedule; a secretary, a staff assistant and two receptionists. We six student interns "hired" for the summer quickly became close friends with the staff, and months later, we're still in close touch, a fairly unusual circumstance for a political office, according to my acquaintances in similar jobs.

The pressure-packed atmosphere of Capitol Hill contrasted sharply with the Boston office. The Washington staff handles legislative work and helps shape policy

But the highlights of the summer were the days that Senator Brooke himself spent with us. I was always aware that I was working for him, but seeing the senator in person, exchanging ideas and even joking with him, made him much more real to me. In July Senator Brooke lunched informally with the interns, giving us a chance to get to know him better. Later that week, watching him deliver a speech, I could see why he is considered by many colleagues to be one of the most articulate, effective speakers in the Senate. Much of my work in the office involved explaining the senator's political philosophies. Hearing him defend them in person not only was stimulating and inspiring, it also helped me understand many of his positions more fully.

At the end of July five of us interns went to Washington to see the other side of working for a senator. What a difference! The pressure-packed atmosphere of Capitol Hill contrasted sharply with the relaxed but efficient Boston office. The Washington office handles legislative affairs rather than constituent work. Legislative aides keep the senator up to date on national and international affairs, and help him with his speeches and the formulation of his political policies.

My *(continued on page 84)*

If you don't care for your feet, he won't either.

Rub in Pretty Feet. Roll off rough, dry skin.

For all the times you can't hide your feet, you'll want Pretty Feet.®

This is more than just a moisturizer. It's a creamy lotion, specially made to remove dry flaky skin from heels, ankles, soles and toes.

Never gritty, never greasy. Pretty Feet works this easily. Rub it in, then see rough dry skin roll off.

Pretty Feet for soft, pretty feet.

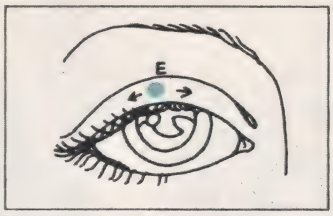
AZIZA DEMONSTRATES NEW MOISTURIZING CREME SHADOWS.

Compared to the rest of your face, there are fewer oil glands around the eyes to help fight moisture loss.

That's why Aziza created a fascinating new shadow that moisturizes your eyes with fresh, gentle, flattering color. It actually helps protect against tiny dry skin lines and won't dry out your lids. (Naturally you don't need a moisturizer underneath this beautiful new shadow.)

We make new Aziza Moisturizing Creme Shadows in 12 luscious frosted and non-frosted hues. What we demonstrate here are Blue and Pink Lustre. For the sheerest, smoothest look possible, here's the correct technique for all creme shadows.

1. With your pinky finger, place three dots in a light shade at A, B, and C. Blend in the direction of the arrows. Next, a tiny dot at outer corner of eye (D). Finger pat this delicate area into a fan shape.



2. With a shadow in a darker hue, make a big dot in the middle of the lid (E). With your index finger, gently blend this dot in the direction of the arrows and up into the crease.

You'll notice there's no oily feel to our Moisturizing Creme Shadows. Because they're actually a unique type of cream that's light as powder. (They dry to a powder-like finish.) So they won't glob or gather in the creases of your lid like other creams you've tried, and their pretty porcelain hues last and last.

Questions? Ask for your free book, "Aziza Demonstrates All About Eyes," wherever Aziza is sold. Or send 25¢ for postage and handling to Aziza, Dept. 461, 33 Benedict Place, Greenwich, Conn. 06830.

Because Aziza knows all about eyes.

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Poolsiders are the new nearly-naked sandals that slip between your toes and stay there, comfortably. Poolsiders are real leather thongs with a light-as-summer sole.

Try spending your endless summers in beautiful freedom, in sandals that take the lumps out of sunny weather. You'll feel great. And you'll look great, too.

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Made by skilled hands the world over.

Clarks Play Trek and Poolsider available in brown, tan, navy and white. From $13.00 to $30.00. Men's Play Trek in brown only. For the store nearest you write to Clarks, Box 92, Belden Station, Norwalk, CT. 06852, Dept. 4 SPT

feeling was that the Washington staff, up to their ears in legislative work and always on call in case the boss needed them, did not have the time to insure that their seven Washington-based interns acquired well-rounded experience. We in the Boston office, on the other hand, were treated almost like full-time staff.

My visit also helped me understand why congressional staffs in Washington sometimes seem removed from constituent problems. But I could see—and appreciate—how demanding and tense legislative work is. At the same time I realized why constituent work, equally urgent but different in nature, is more satisfying to me. Legislative work requires that you be one of many on a project, but constituent work is conducted on a one-to-one basis.

Time after time, the personal rewards made the summer worthwhile: when letters and persistence helped a student get into college, when I sent a telegram from the senator saying hello to senior citizens at their annual barbecue, when I recommended a boy for the Young American Medal for Bravery because he risked his life to save a stranger.

I feel strongly that my internship in Senator Brooke's office added new dimensions to my education and to my personal development. I started with little knowledge of the kinds of problems Massachusetts citizens face or how a political office can help solve those problems. Before I was through I had learned about the functions of government agencies and local organizations I never before knew existed. Both my perceptions and my sensitivity were sharpened by dealing with people and problems that were foreign to my previous experience. The challenge of writing clear, intelligent letters and news releases against deadlines improved my writing skills. As one of the requirements to earn college credit for the internship, I kept a daily journal as well. Both the constant writing and the work itself convinced me that my chosen career of journalism is right for me. And I had the ultimate satisfaction of pushing myself to do the best I could for the man I worked for, and even more important, for the people he represents—my fellow citizens, the people of Massachusetts.

If you're interested in working as a political intern, either for the summer or during the school year for a special project, contact the offices that interest you well ahead of the time you wish to begin. To save their time and yours, telephone each office instead of writing to the political personalities. You'll get all the necessary information at once, and if you're lucky, you may be able to set up an interview at the same time. Telephone numbers for senators and representatives are listed in the phonebook under U.S. Government. State officials are listed under your state government. Bring samples of your writing—or sketches if you're an artist—to the interview. Mainly, though, show determination and enthusiasm. You'll be in for one of the greatest experiences of your life!

THE DIET RITE SHIRT.

You don't have to drive a truck to wear it.

France started it with the butcher's apron. In Denmark it was the plumber's satchel. Now Diet Rite® Cola brings you the latest in work-clothes—the Truck Shirt.

It comes in sturdy khaki with authentic Diet Rite patches and your own name embroidered work-man's style above the pocket.

See order blank for name and size details.

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RELATING

by Abigail Wood

HOW TO SURVIVE STRICT PARENTS

Q My parents get more unreal every day. I have to be home by ten when I get to go out at all, and they insist on driving me to and from wherever I'm going. My mother embarrasses me in front of my friends by saying things like "You and your little friends can come home and play some games." When I do have anyone over, she stays in the same room with us, and we all just sit there and say nothing. I've noticed they don't even want to come over anymore, and I'm afraid I'll lose them all. I'm fourteen, but she treats me like seven. All the others get to stay out to twelve at least. My father has even more old-fashioned ideas. He refuses to discuss dating and says I'll have plenty of time for that in college! How can I get it through their heads I'm growing up and not a baby anymore? I've tried talking, but we just start fighting, and I run out of the room crying.

A You realize, of course, that running out of the room crying is probably the least effective way to get it through anyone's head that you are not a baby anymore. That loss of control adds to your own frustration too. Growing up is hard on both generations. In your parents' concern for the dangers and hurts that may lurk ahead for you, their protectiveness becomes rigid and excessive. In the flood of physical and emotional changes you are going through now, you swing from feeling ready to handle almost anything to a sense of hopeless inadequacy and insecurity. When your mother does things that seem inappropriate, your embarrassment is probably more acute than any you've ever felt. For one thing, it's a blow to discover that your parents, like the mere mortals they are, don't always act according to ideal standards; for another, you worry about what their actions will do to your social acceptability (not much, if you keep your own cool).

Even at the worst, however, time does move on, and it's on your side. Barring highly unusual occurrences, you *will* reach college age, there will still be boys to go out with and you will have your chance. This isn't said just to jolly you along or minimize your present pain. Being philosophical about your situation can have very practical results. Once you can say to yourself, "Well, if not now, later," you automatically reduce your tension and anxiety. That makes it easier to gain control over your crying; that in itself leads to improved communication.

When you're less wrought up, you may be able to see your mother's actions in a new light too. When she speaks of your "little friends," the putdown may be unconscious—she's been thinking of you as little for a long time! By making some light (humorous but not sarcastic) reply that turns the situation into a laugh for everyone, you can show how adult you are without hurt to anyone. When she remains in the room with you, that may be her attempt to be friendly. Here again, you can show your maturity by starting some polite chitchat, even if only about school or the weather. Then in a few minutes, you might say something like "We want to play some of my new

records (or whatever), so we're going into my room now, Mom, if you'll excuse us."

After you begin to feel easier about things, you may be able to have a real conversation with your parents about some of your differences. Instead of taking the old argumentative tack, try to find out what specific things bother them most about the idea of your dating. Maybe you can figure out ways to reduce those fears. You might work out a deal with graduated steps—at the outset, dates for school functions only or inviting a boy to your home first so they can get to know him too. Though it may not seem fair, it's up to you to make the overtures and give the concessions, because it's you, after all, who wants the change.

Q Can you tell me if there are any more sixteen-year-olds out there who are made to go to bed at ten o'clock? . . .

Q I'm eighteen and my father lets me go out once a week, but I have to be in at ten thirty or else. During the week I can't have anyone over, and I'm limited to two five-minute phone calls a night! . . .

Q My parents are the old-fashioned, restrictive type who wouldn't allow me to date till I was a sophomore and then only on doubles and with boys my own age or not more than one grade ahead. I had to come in at the embarrassing hour of eleven sharp. You probably think I'm putting you on, but parents such as these truthfully exist, and wouldn't you know they had to be mine! . . .

A To all of you out there who feel alone in your restrictions: Your parents are far from unique—as you would soon discover if only you could see my bulging mail folders filled with curfew problems alone. Although it is true that young people today start dating earlier than probably at any other time in our country's history, it is also true that a surprising number of girls do not start going out until fifteen, sixteen, seventeen or even later, not for lack of invitations but because of parental restrictions. While misery does not generally disappear just because it has company, there may be some small comfort in knowing that at least you are not exclusively singled out in your "deprivation." Letters have come from girls of twenty not allowed to date. Recently one came from a girl permitted to date only if her mother went along, not only to drive but to follow behind the couple wherever they went on foot, like a duenna in a historical novel.

In general, self-pity is the least effective antidote for these conditions, and "Everybody else can, why can't I?" the least persuasive argument to change them. Best tide-you-overs: patience, fortitude and keeping busy and involved in group activities. Also a special effort at cheerfulness and compliance with house rules—which may eventually get your "sentence" lifted early and finally give you that longed-for time out for good behavior.

Q I'm seventeen and a high school senior. My "old world" mother is very upset that I'm not going steady with anyone. She has constantly tried to throw me on some guy and keeps telling me in front of relatives to find some nice man and get married so she won't have to worry about me anymore. My sisters were all married soon after graduation. In my mother's eyes, I should follow suit.

But I can't. At this point, I have occasional dates, but I don't want to get seriously involved with any one guy. There is so much I want to do with my life after I graduate. I want to be free to do what I want for a while, instead of what is expected of me. When I have my feet firmly on the ground and my mind made up that settling down and getting married is exactly what I want, then I can devote my all to making it work. I've tried to talk to my mother about my feelings and my future plans, but she considers me rebellious. She doesn't seem to hear me or even want to. What else can I do to make her understand how I feel?

A Sometimes if people seem not to hear, it's because the message *and* its overtones have come through so loud and clear—and disturbingly—that they have "turned off the hearing aid" to avoid the pain. For your *(continued on page 90)*

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RELATING

continued from page 89

mother, like generations of mothers before her, seeing a daughter married, with the assumption that she will thus "be taken care of" and soon build a family of her own, seems the best of all possible destinies.

For a young woman growing up today, in a world with such a variety of choices and demands to meet, it *is* wise to take time to investigate, sample and develop more fully before locking yourself into permanent commitments. But in choosing a path so different from your mother's, you are, of course, rebelling in a sense. To her that rejection of her values feels like a rejection of herself. Some rebellion is necessary for growth. It's part of the separation process that enables you to become a person on your own. But apron strings can be untied gently; it needn't be a war to the death.

If you want to sell anything to anyone, it's helpful to try to understand what the points of emotional resistance are and take them into account. Remember that your mother has a right to her opinions even if you don't share them. Let her know you love and respect her even though you don't want to follow the life plan she proposes. Avoid red-flag phrases that sound as if they come from militant literature.

When remarks are passed in front of relatives, don't let yourself be drawn into an argument. Turn the comments aside with a bit of non-needling humor if you can; if not, just a quiet smile and quick change of subject or even silence will do. It's hard not to let yourself be baited on something you feel strongly about. But it's immensely more effective if you keep from letting the opposition get under your skin.

It's possible you won't be able to make your mother understand or agree with you. All of us hope for "Mother's approval" even after we've grown up. But true independence means being able to pursue your own goals even without a parental pat on the back. If you're choosing a course she disapproves of, the most you can hope is that she won't block your way; you can't really expect her to say she likes it too!

But be honest with yourself. Are you sure your reluctance to have more than just casual dates isn't related to some deeper fear? Could it be that you're avoiding closeness because you feel too vulnerable, too scared of being hurt? In order to make a marriage work, you have to start preparing *yourself* long before the wedding. You have to learn to communicate and feel comfortable with the opposite sex, to form realistic estimates of people and to cope with disappointment without being dissolved. The only way to do all of that is through practice. There's certainly no reason to rush into anything until you're ready, but there's also no need to hold yourself aloof from any kind of emotional experience because you're not ready to marry. Being a full individual means being able to be self-reliant; it doesn't mean you have to be a loner.

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ARTICLE

Putting the Dog Down

The true story of the last days of Jumblie

by Betty Jean Lifton

They call it "putting the old dog down"—or putting him to sleep. No one says you are putting the dog to death. It doesn't sound kind. With humans we shun euthanasia, fearing we'd be playing God. But no one questions it for old dogs.

It is a terrible thing to have the right to impose death on any creature, especially one you love. You wonder, what would the dog want? Would he, like most humans, prefer to hold on to the excruciating end or would he welcome your gift of mercy? He can't tell you as he lies there, weakened, unable to rise without great effort, his old heart ballooned out into an engorged monster ready to betray him.

"My beautiful Jumblie," I used to call him—this twelve-year-old standard poodle whom my husband and I had taken into our home as a three-month-old puppy. All black like a bear he was then, a silver face shaved close revealing the color he would become, a raccoon mask over the mischievous eyes. He was named after the Jumblies who went to sea in a sieve in the nonsense poem by Edward Lear: "Far and few, far and few/Are the lands where the Jumblies live." Two years younger than our son, two years older than our daughter, he would be a sibling rival to both. In his day he was gay, charming, intelligent and loyal. They say every dog has his day.

He went everywhere with me—even to Japan, where, with his help, I wrote a book, *A Dog's Guide to Tokyo*. I used to call him my male escort. He seemed to know when I was going out, when he was going along. He seemed to know what I was thinking. And yet, what do dogs really know?

We say we are the superior species, because we know that one day we will die. But how can we be certain that dogs, with their wonderful ESP, don't know this too? We know they bay at the moon when someone is going to die. So how can we know they don't anticipate their own death and have some opinion about how natural it should be?

How seriously should we take their ESP? This last summer on Cape Cod, when Jumblie was sinking rapidly, our caretaker's wife told us a story. When she was burying her dog, suddenly, out of nowhere, a stray dog of doubtful lineage, one she had never seen before, appeared at her side. He stayed until the little funeral was over, as if he were a mourner trying to comfort her and her husband. And then, just as suddenly as he had appeared, he was gone. A friend of hers reported the same experience: a dog appearing inexplicably the day hers died.

During the previous winter in New York when he first had trouble breathing, we took Jumblie to the heart clinic at the Animal Medical Center. The doctor there put him on digitalis and diuretics—just like an aging human—and said he was putting up a good fight. But he warned me to know the moment to put him down. I told him I would know, as if I possibly could.

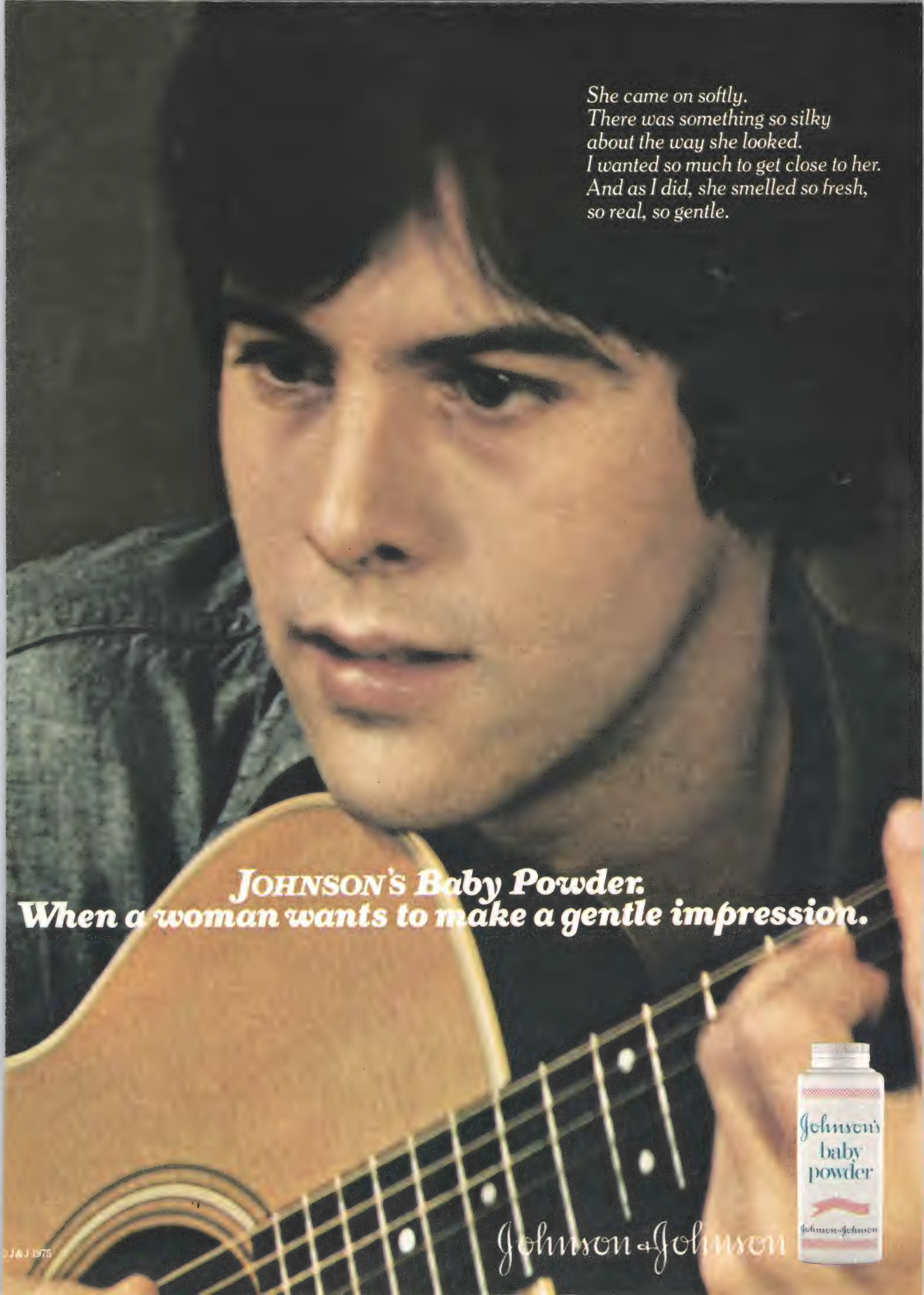
Jumblie's symptoms, along with the doctor's pills and bills, accumulated. We dared not think how much money it was adding up to, how people in Africa and Asia were dying for lack of food and medicine, how he was getting better medical care than most of the children in the ghettos of our city. We hoped he would be able to go up to the Cape with us.

But once there, he could no longer make it to the dunes he loved. His legs grew arthritic; he slept late.

"You might think about putting him down," the local vet said, as he drained five quarts of fluid out of Jumblie's distended body. But I couldn't think of it yet.

The next day he lost control of his bladder. "So I'll mop it up," I told *(continued on page 96)*

Betty Jean Lifton is the author of many adult and young adult books. Her latest is "Twice Born, Memoirs of an Adopted Daughter," published by McGraw-Hill.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myself. "It happens to old people, and we don't put them away." Still, I knew I had to begin arming myself against the grief that would overwhelm me when the final moment came. Feeling like a traitor, I phoned some kennels to inquire about litters. Could Jumblie hear me?

The children were in camp, my husband in London. I took an hour's drive to a small kennel and held the warm, vital body of a female puppy who licked my face, innocent of my need. Jumblie sniffed my jeans when I came in that evening, then lay down wearily. He knew. If he were indeed dying, what was I doing cavorting with other dogs who might come in and take his place?

So do we perfidious humans cling to life. So do we try to slough off the touch of death with the touch of the living. Yet, life must go on. Jumblie must know this, I told myself. If I were dying, wouldn't he take another mistress to promenade with him in the park and make his dinner at night? That's what life and death are all about: the will to go on somehow.

But we know stories of loyal dogs who stayed by their master's grave, who didn't go on.

Later that night Jumblie could hardly make it through the living room to join me in the bedroom. The floor between us loomed like a tilted slab of ice, like the precarious boundary between life and death.

The next morning I phoned the vet. "I think it's time to put him down."

"You're doing the right thing," he said. "Bring him in." And he added, "If you wait a few minutes, I'll give you the body back to bury."

Why was I so shocked? We humans have funeral parlors to protect us from such sordid details. "No, I'll get his ashes from you next week sometime," I said. If *I* wanted to be cremated, wouldn't my dog?

Jumblie climbed laboriously into the car because he trusted me. Did I deserve his trust? The last ride. Elsie, the college student helping us, drove while I sat in the back with him. His head rested over the top of the seat as usual. How he needed rest. Wouldn't I want someone to put me down at such a time? I thought so, but I didn't know.

He used the little strength he had to get out of the car. I held his leash. He lifted his leg on the tree outside the vet's office, establishing his territory for the last time, announcing "I was here." He even pranced a little in his old way.

I couldn't move. Perhaps he wasn't ready after all. A reprieve. Should I give him a reprieve?

Elsie saw my struggle and came over. "It's time," she said gently. "You know you have to do it."

I opened the door. I wanted to go along to the room where the vet inserts the needle, but he told me I couldn't follow him. We go alone, each of us, at that point. An attendant lifted Jumblie's frail, weightless body, a wilted heap of soiled fur, and took him away.

I had put him down.

But was I weeping for him or the inevitability of my own death that his going first affirmed? Did I have a right to weep over my one personal loss when so many millions in the world were suffering? Did I have the right to mourn something as inconsequential on this earth as the death of a dog? We are human; we weep. Perhaps this is what makes us human.

I fled to my study, trying not to notice he wasn't there. Trying not to think what I had done.

A few minutes later Elsie came in. "Did you see that dog out there?" she asked. "Just suddenly appeared at the kitchen window and then was gone. Never saw him before. It was sort of eerie."

"Where is he?" I cried, rushing out, hoping to catch just a glimpse of him. But he, like my beautiful Jumblie, had disappeared.

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Close-up

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by Edwin Miller

Movie of the Month

NEXT STOP, GREENWICH VILLAGE. Tender, touching and true, this movie's about a Brooklyn fellow who leaves home to become an actor. He doesn't have to go very far, just a few stops on the subway to that section of Manhattan known as Greenwich Village. In the early fifties, the Village was a legendary mecca for would-be free spirits—actors, writers, artists—or just those who wanted to get away from home. Lenny Baker is grand in his first important film role, vulnerable but determined to leave a family nest dominated by an overprotective mother—acted to the hilt by Shelley Winters. Once on his own, our hero launches himself in erratic pursuit of a career, surrounded by a memorable group of friends. These include his girl, played by Ellen Greene; a would-be writer, played by Christopher Walken; Antonjo Fargas as a disturbed homosexual; Lois Smith as a potential suicide. Funny yet sad, this nostalgic recollection of growing-up pangs, based on writer-director-producer Paul Mazursky's own experiences, was filmed on location in such places as Sheridan Square and MacDougal Street, transformed to look the way they did a couple of decades ago. It's said that the Village isn't what it used to be, but this stopover will put a smile on your face and make you feel good all over. The dictionary calls it euphoria. R*

Lenny Baker, Ellen Greene

More Movies

Giancarlo Giannini

SEVEN BEAUTIES. The films of brilliant Italian director Lina Wertmuller are overtly political, deeply rooted in social periods, populated by vivid characters. In this extraordinary drama, she follows a swaggering Neapolitan punk—played by Giancarlo Giannini—through a World War II Nazi concentration camp in scenes that are complex, grotesque, lurid, unforgettable. Not for the squeamish. With English subtitles. R*

Robert Bettles

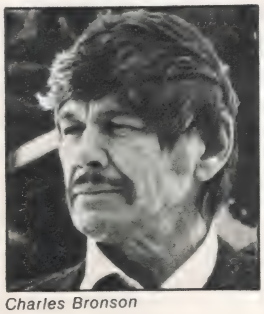
RIDE A WILD PONY. A poor Australian farm boy rides a pony to school each day; it suddenly disappears. At the same time the daughter of a nearby horse breeder, crippled by polio, is given a pony to draw her cart. Eventually each claims to own the animal, and the case comes to court. The tale is a mixture of pious sentimentality in the Disney tradition and picturesque locations showing the country down under. G*

Francis Perrin, Isabelle Adjani, Jacques Spiesser

THE SLAP. Parisian teen-agers have a difficult time growing up too, just like their counterparts everywhere. In this contemporary French romantic comedy, Isabelle Adjani is most appealing as a girl who finds herself floundering in school, impatient to get on with what seem to her to be the more important things, such as moving in with a boy friend. Lino Ventura is splendid as her harassed father. With English subtitles. PG*

HEDDA. Glenda Jackson is every inch the star in this compelling version of *Hedda Gabler,* Ibsen's powerful nineteenth century drama about a neurotic woman trapped in a system which insists that women keep their place in a male-dominated society. Although too integrated psychologically to be convincing, she is never boring. It's adapted from a Royal Shakespeare Theatre English stage production. PG*

Glenda Jackson



Charles Bronson

BREAKHEART PASS. Charles Bronson returns, playing his ritual character, a taciturn loner whose gentle streak belies his ability to cope with instant peril from any quarter. A laborious plot has him as a secret service man disguised as a murderer aboard a troop train. Traversing snowbound mountains in the Old West, he thwarts one of the most preposterous schemes ever. The scenery is stunning. PG*

**Motion Picture Association of America ratings*
G: General Audiences. All ages admitted
PG: Parental Guidance Suggested—some material may not be suitable for preteen-agers
R: Restricted. Under seventeen requires accompanying parent or adult guardian

More "Close-up" on page 100

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HAIR AND BEAUTY

BY JOAN CLAIR

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"I lost my amateur standing," bragged Louise when everyone asked her how come her hair was styled so smoothly. She went on to explain she'd bought herself a *Pro Gun,* the professional-type, super-fast blow dryer with 1,000 watts of power. It has four professional heat levels, two fan speeds, even a "no-hand stand" that frees you up for styling. And a concentrator nozzle to put the air flow precisely where you want it—after all, you're the pro.

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Close-up

continued from page 99

Records

Sounds of England, singing sisters from Canada, our own Dylan

Queen: John Deacon, Freddie Mercury, Brian May, Roger Taylor

QUEEN: A NIGHT AT THE OPERA (Elektra). With a keen sense of fun and vivid theatrics, Queen dishes up an engaging session. In the music-hall wit of *Lazing on a Sunday Afternoon,* the tongue-in-cheek machismo of *I'm in Love with My Car* and the airy vocal interplay of *Love of My Life,* the four-man English group displays a knowing rock sophistication that entertains most royally. A winner!

BOB DYLAN: DESIRE (Columbia). Backed by a group featuring lush, even giddy, gypsy fiddling by Scarlet Rivera, Bob Dylan launches a gripping set of narrative ballads. Among them are *Hurricane,* a protest song about a black boxer (Rubin "Hurricane" Carter) convicted for murders he insists he didn't commit; the stunning mariachi-flavored *Romance in Durango;* the beautiful ballad *Sara;* and *Joey,* a lament for the late gangster Joey Gallo. Apart from the questionable rationale of treating a member of the mob as some sort of hero, Bob is a musical knockout. He has shed his nasal whine and harsh modulations for clear, compelling vocals, displaying passionate conviction under masterful control.

ELVIS: A LEGENDARY PERFORMER, VOL. 2 (RCA). What was the reality? Judge for yourself with these fascinating tracks cut between 1954 and 1968. Here's Elvis at nineteen, crooning *Harbor Lights.* A rare 1956 radio interview when he was twenty-one. The early assurance of *I Want You, I Need You, I Love You,* cut the same year. The album includes *Blue Suede Shoes.* Elvis may or may not be a legend, but he's certainly the King Kong of rock and roll!

Choice Cuts

CAROLE KING: THOROUGHBRED (Ode/A&M). Love is the heartfelt message. GILBERT BECAUD: A LITTLE LOVE AND UNDERSTANDING (London). Appealing ballads in a French accent. BOBBY SHORT CELEBRATES RODGERS AND HART (Atlantic). The brilliant song stylist in pop classics: *On Your Toes; Where or When; Bewitched.* BACHMAN-TURNER OVERDRIVE: HEAD ON (Mercury). Rock to relax with. SIDNEY BECHET: MASTER MUSICIAN (Bluebird). The New Orleans jazzman on soprano sax and clarinet in gloriously golden oldies. *The Sheik of Araby.* THE VOLGA BOATMEN AND OTHER RUSSIAN FAVORITES (London). Stirring folk songs sung by Nicolai Ghiaurov, bass, with balalaika orchestra and chorus. THE GOLDMAN BAND, THE DE PAUR CHORUS: A BICENTENNIAL CELEBRATION (Columbia). Rousing marches from the frontier days on, songs inspired by freedom.

KATE & ANNA MCGARRIGLE (Warner Bros.). Sharing these sweet duets, mostly of their own making, the McGarrigle sisters are radiant in a bouquet of captivating ballads. In the lilting *Kiss and Say Good-bye,* the gentle *My Town,* the poignant *Go Leave* and affectionate *Complainte pour Ste-Catherine,* they project a sense of innocence, of evergreen Canadian hometown roots, of irresistible joy in life.

More "Close-up" on page 102

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Sears

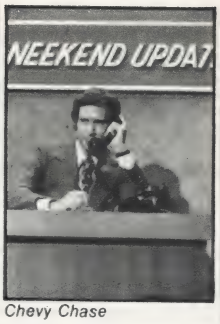
Close-up

continued from page 100

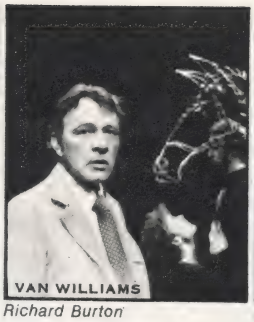
Show Bits

Double takes and diversions

Ryan and Tatum O'Neal



Chevy Chase



Richard Burton

Louise Lasser

TATUM, RYAN REUNITED. Twelve-year-old Tatum O'Neal is back at work with her father Ryan in director Peter Bogdanovich's *Nickelodeon,* a zany comedy about silent films before World War I. (The same team made *Paper Moon.)* Tatum's precocious character runs an ostrich farm, writes scripts, drives a truck. What next?

RISING STAR. Chevy Chase, regularly featured on NBC-TV's *Saturday Night,* is emerging as one of the most engaging new humorists of the current season. The live ninety-minute comedy-variety show appears three Saturdays a month at 11:30 P.M. ET. Chase, who first made his mark in "underground" TV productions, is a writer, actor and musician. He has appeared with various rock groups, written for *Mad Magazine* and the Smothers Brothers, acted with the National Lampoon Theater Company.

FILM FOOTNOTES. *The Silent Clowns* by Walter Kerr (Knopf) is a handsomely illustrated analysis of the styles of such great silent screen comedians as Charlie Chaplin, Buster Keaton, Harold Lloyd, Laurel and Hardy. The knowledgeable critic displays top form. For a firsthand view of Hollywood, Walter Wagner's *You Must Remember This* (Putnam) is an engrossing collection of taped interviews. Reminiscences include those of Mary Pickford, one of the earliest screen stars, the late director John Ford and a hundred-year-old extra who's still at work.

CELEBRITY RITES. *The Thirtieth Annual Antoinette Perry Awards*—better known as the Tony awards—given for achievement in the theater, will be televised live from New York by ABC-TV, April 18, 9:00-11:00 P.M. ET. Hosts include Elizabeth Taylor, George C. Scott and Richard Burton (currently playing on Broadway in *Equus,* the gripping drama about a psychiatrist dealing with a disturbed teen-ager). This year's Tony show will feature scenes from *Chicago* and other smash musicals as well as a bevy of show-stopping songs from past hits like *West Side Story* and *Funny Girl.*

THE DEVIL UPDATED. Now that *Jesus Christ Superstar* has been celebrated in song, MGM Pictures has latched on to *Mephistopheles,* a rock interpretation of the demon's machinations. The musical drama will feature a score by twenty-two-year-old Australian composer Simon Heath.

CONVERSATION PIECE. Will stardom come to Louise Lasser? As a vulnerable housewife, the heroine of the tongue-in-cheek soap opera *Mary Hartman, Mary Hartman,* she is now being seen (in syndication) on almost one hundred stations around the country. Her life is complicated by interminably prolonged lurid situations such as being held hostage by a psychotic killer. Her adventures are making her a cherished figure for some, an inspirer of irate complaints for others. One station in Virginia canceled her out after a mere six days!

More "Close-up" on page 104

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Close-up

continued from page 102

Music People

Melody comes first to tunesmith Marvin Hamlisch

Crackerjack composer Marvin Hamlisch rang up his most recent hit last month with his score for *The Entertainer,* Jack Lemmon's NBC-TV dramatic special. He had already knocked Hollywood out by winning three Oscars in one night (for his title song and score for *The Way We Were* and his adaptation of Scott Joplin's ragtime tunes for the movie *The Sting).* Then he made his mark on Broadway as the composer of *A Chorus Line,* the decade's biggest musical hit. (Productions open this month in San Francisco and Toronto, with another in Boston not far behind.)

Marvin's New York City high school chums remember him best as "Fingers," the tall, lanky kid who, to protect his hands, would never play baseball. But he did write music for his high school's shows, and by the time he was eighteen, he was working with Barbra Streisand in her stage musical, *Funny Girl* (he was assistant to the vocal arranger). "Barbra and I always ate the same things at a certain cafeteria," he remembers. "We both loved a kind of chocolate cupcake you couldn't get anywhere else. And the split pea soup!"

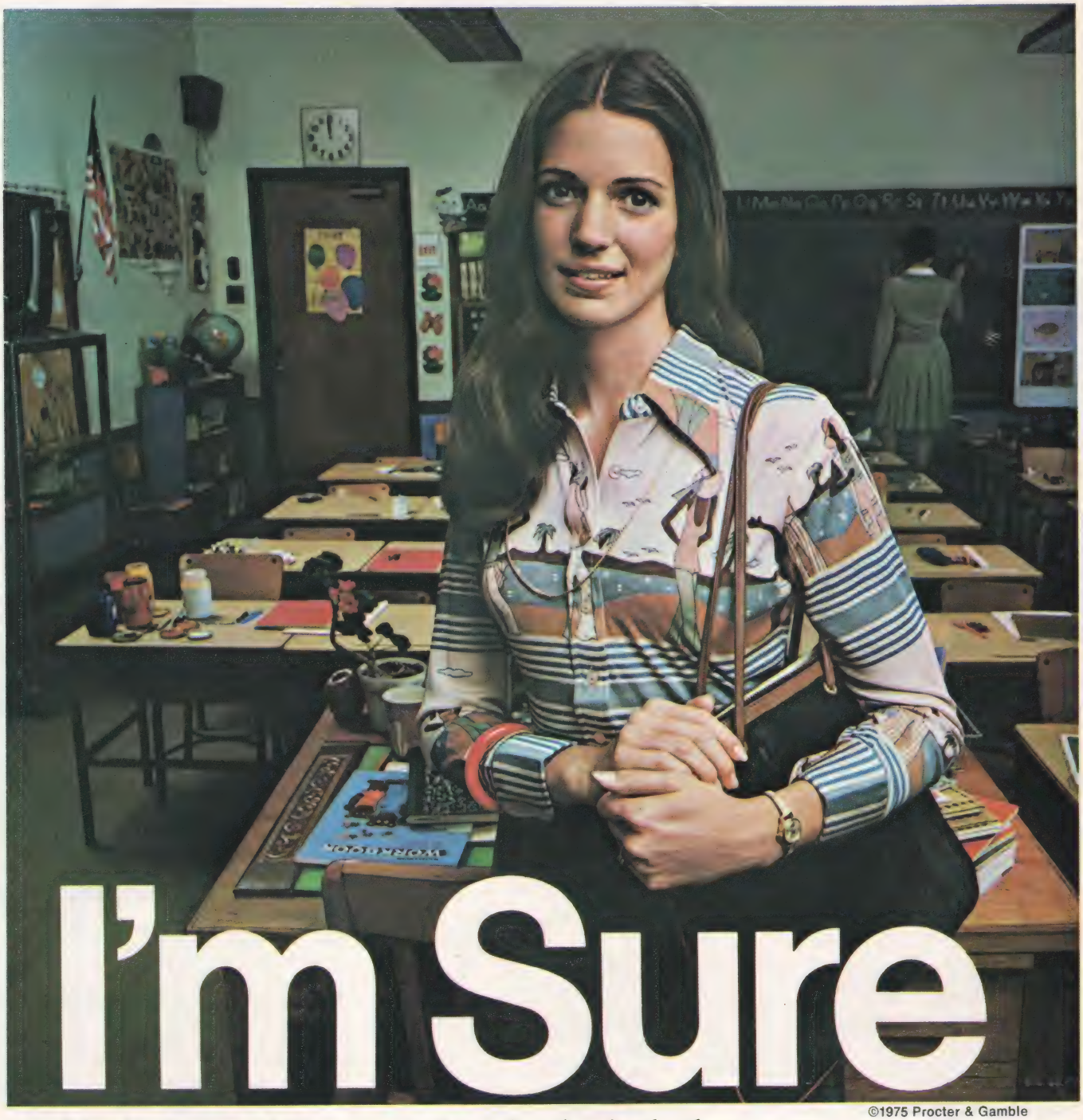
Years later, he was to write *The Way We Were* for her. "The most exciting thing that ever happened to me was getting in front of an orchestra, putting on the headset, beginning to conduct and hearing Barbra sing that song. That was a thrill!"

Now thirty-one, Marvin has been beating the musical competition since he was seven, when he won a chance to play piano at a prestigious recital hall. But when the time came to go on, he cried. "My mother had bought me a gray woolen suit to wear," he recalls. "And I wouldn't put it on. It scratched, driving me crazy. My mother said, 'It's too late to put in a lining; wear your pajamas underneath.' When I came out onstage the applause was mixed with laughter—my blue pajama bottoms had slipped down under the gray pants!"

Marvin's parents, Viennese born, immigrated to New York when Hitler came to power. His father is an accordionist and bandleader. Hamlisch grew up dreaming of becoming a show-music composer like Cole Porter. He thinks of himself as a craftsman who "puts today's rhythms—rock and roll—on traditional melodies." He adds, "When you do a movie, it's all finished by the time you get to it except for the score. The great experience of doing a show is the sense of collaboration." *A Chorus Line* is a captivating musical built around a typical assortment of young people, who reveal their innermost personalities and problems while auditioning for a director. "Teen-agers are our biggest fans," Marvin remarks. "The show has nothing to do with whether or not you're in show business—its theme is that we're all on the line, we're all auditioning for life. You finish high school or whatever, you're sixteen years old and nothing's happening to you. Yet when you start looking for a job, they ask all these crazy questions. There's a tremendous compassion in the show to which audiences relate." (The cast album is recorded by Columbia.)

"I'd like to be remembered as a human asterisk in a history book," Marvin remarks, serious despite a smile, "someone who won three Academy Awards in a single night. It would be nice to have people think, 'Gee, he wrote a couple of good songs!' "

More "Close-up" on page 106



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I looked up and there was the school principal... observing my class.

I'd only been student teaching for about a week, and I just hoped, as I continued the lesson, that he wouldn't notice how nervous I was.

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Close-up

continued from page 104

TV People

Being an actress is Loretta Swit's favorite role

Loretta Swit on stage in "Same Time, Next Year"

Normally, apple-cheeked Loretta Swit is found tending to her makeup in Hollywood as army nurse Houlihan in the popular CBS-TV series, *M.A.S.H.* But currently she's fulfilling her passion for live theater in New York. She co-stars with Ted Bessell, another runaway from TV-land (he was Marlo Thomas's boy friend in *That Girl*), in a touching two-character romantic comedy hit, *Same Time, Next Year*. "When I'm in California, I don't have a suntan but what they call a Stage 9 pallor, since we shoot mostly indoors. But I don't care where I am as long as I work," Loretta says, "and when you're working you hardly know where you are anyway."

Around her neck she wears a pair of dog tags, a present from *M.A.S.H.*'s star, Alan Alda, in honor of her TV character. She has been playing Hot Lips, as Nurse Houlihan is nicknamed, for four seasons, and she's proud of her.

"There's been a vast development of character since the series began," she explains. "There was one particularly interesting episode where Hot Lips has an identity crisis—she says, 'Wait a minute, my life's going fast, and what have I got?' We all have those moments. Me, Loretta, as well as Hot Lips. What have I done? Act. What is that? My work is certainly meaningful to me, but every once in a while I wonder why don't I go and do something more 'important.' And then, after a long look, I conclude that what I do is maybe make some people laugh."

Loretta grew up in Passaic, New Jersey, the daughter of an upholsterer. "I used to go to the movies all the time with my mother," she recalls. "I wanted to be an actress all my life. I never wanted to be the character in a movie; I always wanted to be the actress playing the character." Once she made the move to Manhattan, she took acting classes and any and every part she could get in industrial shows and touring companies, "for donations, coffee and doughnuts." She goes on, "At one point I was doing a show in Las Vegas with my late friend, Susan Hayward, and I was thirty-eight dollars away from a few friends who lived in California. They said, 'Come here and play for a while,' and that's the last thing I remember until I woke up and I was moving my furniture out there.

Alan Alda (center) and Mike Farrell (right) as combat surgeons Hawkeye Pierce and B. J. Hunnicutt co-star with Loretta Swit as Nurse Houlihan in "M.A.S.H.," the CBS-TV comedy set during the Korean War

"I was unhappy as a teen; I felt misunderstood. Until the time that I moved to New York my life seemed almost like a preface to a novel you really want to get into. For a long time my parents thought I was crazed. They were totally ashamed of me. No one in my family had ever been in the theater; they couldn't relate to it. My mother would ask me what being 'on the road' meant. 'Hitchhiking?' 'No, Mother, it means I'm packing a bag and traveling with this show from theater to theater in different cities.' Seeing me here and there on TV, at least they could see what it was that I did. Then they started to appreciate what I was all about.

"Swit is Polish for dawn," Loretta adds. "They tried to change my name in Hollywood, but no way. A name is what you make of it. Swit is mine, and I'm the only one of its kind!"

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in my opinion

Parents shouldn't pressure teens into organized fun

Paris Permenter, 16, Georgetown, Tex.

Extracurricular activities can be enjoyable and productive for the person taking part. Many young people benefit from pursuing their own interests outside school. But too often, it seems to me, it's the parents who push their children into organized fun, in an effort to fulfill their own need for recognition.

For boys it often starts with Little League baseball and Peewee football. At ten or eleven years old they are practicing twice a week and playing a game every Saturday. If a youngster hesitates over this schedule, he is apt to hear, "Well, the boys next door are on the team and they enjoy it. Besides, I can't be on the committee if you aren't on the team!" Girls are likewise headed into Scouts, Campfire Girls and/or twirling lessons (or the regional equivalent) once or twice a week. At the same time both boys and girls are strongly encouraged to take weekly music (or art, dance or drama) lessons too. One acquaintance of my mother's proudly claims that she sees her daughter only when the girl comes home to change clothes. But instead of suggesting that she slow down, her mother signs her up for more! An attitude like this makes me suspect that some parents just want something to say on Christmas cards.

Now, there are perfectly good reasons for someone to belong to an organization or work at lessons—if they're interested and enjoy them. Young people can overcome shyness and make friends by joining a club. Teamwork in athletics can teach sportsmanship and develop leadership qualities. But no one should be arbitrarily compelled to take part in some group just because it's good for dad's business or will help mom get on a committee.

Such parental competition can have negative results. Without enough time to study, young people's grades may suffer. Also, pressure from adults to excel, especially in sports, can easily lead some teen-agers to value winning more than playing a game. The most far-reaching effect, though, is what this fragmentation of time can do to the parent-child relationship. Many parents can't understand why their teens don't seem to enjoy their company. Some of the younger generation simply get used to being in groups their own age. They come to look upon clubs, schools and other groups as substitutes for parents. In the process they learn to do without family warmth and guidance. After a few years the parents and children just don't know each other very well. This makes me question how important it is for us to start "joining" so early in life. To what extent are Scouts or sports really "socializing"? If they're good for some young people, are they necessarily good for all of us? It would help if parents took a little time to ask themselves—and their children—"Does my *child* want this? How much will he/she enjoy it?" Our happiness, and our sense of family, might profit more in the long run.

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Finally, notice how the withdrawal cord is chain stitched the length of the tampon. Try pulling it off and prove to yourself just how securely it's been sewn. Upon removal, the Tampax tampon slims itself so that it is as easy and simple to withdraw as it is to insert.

"Is a deodorant necessary in a tampon?"

Not at all. When a tampon is in use, embarrassing odor does not form. So there is no need for a cover-up scent. And—since deodorants may irritate sensitive tissue or cause allergic reactions—they could be harmful.

"How can I be sure Tampax tampons are right for me?"

Tampax tampons come in three absorbency-sizes for different needs. Super, for a heavier-than-average flow. Regular, for an average flow. And a special Junior size, made only by Tampax Incorporated especially for beginners. Since Tampax tampons give you invisible internal protection, no one will ever know you're wearing them. There are no unsightly bulges. No bulkiness. And no chafing.

"How economical are Tampax tampons?"

In spite of all these advantages Tampax tampons are still more economical than most other tampons. They come in packages of 10 and 40. The 40's in particular make Tampax tampons a real economical buy.

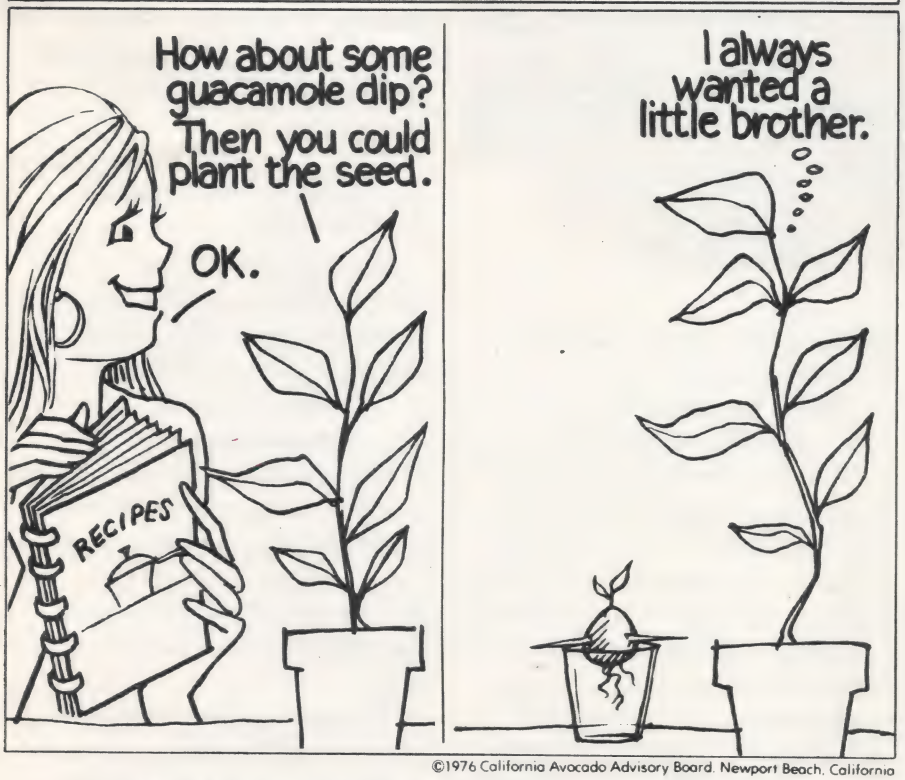
Try them—you'll find many reasons to trust Tampax tampons. It will be easy to understand why more women use them than all other tampons combined.

TAMPAX® tampons

MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.

The internal protection more women trust

Isadora and Her Avocado Plant.©



©1976 California Avocado Advisory Board. Newport Beach, California

We'll send you a free booklet on Avocado Seed Growing if you'll send us 25¢ for handling and postage. Address it: Seed Growing, P.O. Box 2162, Costa Mesa, CA 92626. Allow 4-6 wks for delivery. Offer expires Dec. 31, 1976.

INSIDE EVERY CALIFORNIA AVOCADO THERE'S A FREE TREE. AND SOMEONE TO TALK TO. ©

seventeen

announces the winners of the

LEAD contest

The winners are in for the fourth annual LEAD Contest, which is cosponsored by SEVENTEEN and the Columbia Scholastic Press Association. LEAD, which takes its name from the journalistic term for the opening paragraph of an article, asks teens to write about other teens who they feel have done something of importance. This year's nominees were involved in everything from music and athletics to science and activism. The first-prize pair will each receive a $200 U.S. Savings Bond; the eight honorable mentions a $50 bond.

Michael Katz, 17, of Baldwin, New York, won first prize for his story on a classmate, **Lawrence Zeidner,** 17. Larry, who is hoping to receive a Westinghouse Science Scholarship for his work, is teaching a computer how to read. When fed his program a computer will be able to "understand regular English in any and all grammatical forms!" To do this Larry has studied computer theory and linguistics for two summers. He is also the valedictorian of his senior class.

Honorable mentions include **Rose-Mary Safranek,** 17, of Fort Smith, Arkansas, for her story about **Tran Triet Thuong,** 15, a Vietnamese refugee who came to her town last May. Because of his trilingual talents, Tom, as he is called, has been able to translate assignments and instructions to his compatriots at the school. Classmates and teachers agree that Tom helps make the "meeting between East and West much easier."

Julie Cloutier, 17, of Phillipsburg, New Jersey, wrote about **Becky Price,** a budding journalist. At 18, Becky is editor of her school paper and has interviewed astronauts, sports figures and actors for other papers, such as the *Phillipsburg Free Press.* Currently she is writing a biography of Robert Kennedy.

Rebecca Jo Mattivi, 17, of Evergreen, Colorado, nominated **Erika Loufek,** 16, also of Evergreen. Erika "wants to use her art to help others see what they may have overlooked." "I don't try to make something pretty. I just re-create lines and space," says Erika of her photography, drawing, painting and sculpting.

Julie Kaplan, 17, of Minneapolis, Minnesota, named **Yelyenna Gleizer,** 17. Yelyenna, a Soviet Jew, immigrated to the United States with her family in 1973. It was a courageous move for all of them, as they had to adjust to a totally different life style and culture. How does Yelyenna view her life in the U.S.? "It is like being shut up in prison all your life and *finally* coming out."

THE AVOCADO BIKINI.©

The California Avocado has always done splashing things for you. And now it puts you into an original print bikini for only $10.95. Just send your $10.95 check or money order, along with a small piece of avocado skin, and the $7.05-Off certificate below. Don't forget to specify correct size and style and you'll be a splash!

An $18 splash yours for only $10.95

The Avocado Bikini, available in two styles and separate top/bottom sizes.

Please check one:

Style "A";
sliding triangle top,
1 inch side bottom. . . . . ☐

Style "B";
halter tie top,
2 inch side bottom. . . . . ☐

Please circle size:

Bikini top: cup A, B, C, D
Bikini bottom: 3/4, 5/6, 7/8, 9/10, 11/12, 13/14

©1976 California Avocado Advisory Board, Newport Beach, California

AB-17

STYLE A

STYLE B

I've enclosed my check/money order for $10.95 and a sliver of avocado skin (wiped dry and flattened between two pieces of paper).

Please send my Avocado Bikini to:

Name _____

Address _____

City _____ Zip _____

State _____

Send check or money order to:

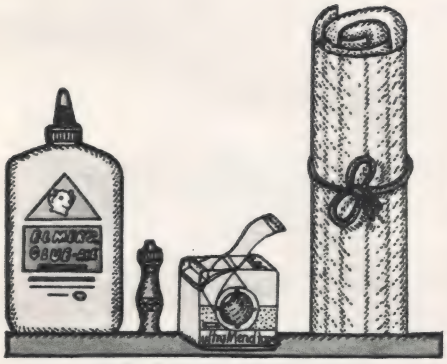
California Avocado Bikini
P.O. Box 2162B
Costa Mesa, Calif. 92626

THIS CERTIFICATE WORTH $7.05 OFF

Allow four weeks for delivery. Offer expires September 30, 1976. Void where prohibited by law.

GLUEABLES

Look what you can do with glue!
Try these easy projects–
for delightful creations that will
sparkle in sunlight or cheer up gloomy corners

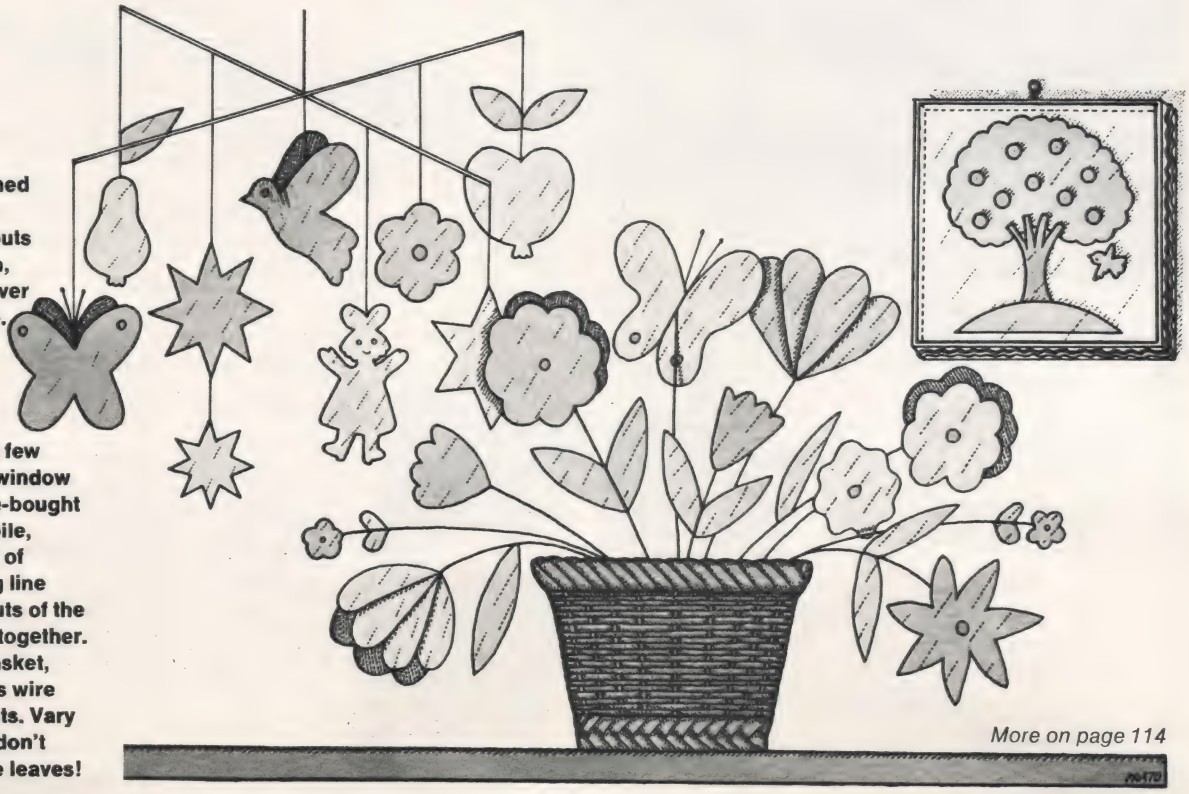


Start with "stained glass" shapes

1 You'll need:
Elmer's Glue-All
Food coloring
Waxed paper
Clear UltraMend Mystik tape

2 Spread a thin layer of Elmer's Glue-All on waxed paper. While glue is still wet, add a few drops of food coloring and swirl with your fingers or a toothpick. Try mixing colors for interesting effects. Let dry thoroughly.

3 Using a single-edged razor blade, cut shapes from dried glue in different sizes. We used a nature theme and included flowers, leaves, birds, fruits, butterflies.



To make the "stained glass" plaque, far right, arrange cutouts on a piece of clean, clear glass and cover with another piece. Tape edges with UltraMend Mystik tape. Trim with rickrack, taping it down in a few places. Hang in a window or place on a store-bought easel. For the mobile, sandwich a length of transparent fishing line between two cutouts of the same shape; glue together. For flowers in a basket, center, use florist's wire between the cutouts. Vary the heights—and don't forget to add some leaves!

More on page 114

Love is a giving thing.

A Keepsake diamond ring says it all, reflecting your love in its brilliance and beauty. And you can choose with confidence because the Keepsake guarantee assures a perfect diamond of fine white color and precise modern cut. There is no finer diamond ring.

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Everything about planning your engagement and wedding in a beautiful 20 page booklet. Also valuable information about diamond quality and styling. Gift offers for complete 44 page Bride's Keepsake Book and giant full color poster. All for 25¢

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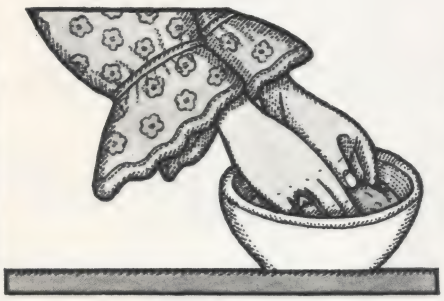
Find Keepsake Jewelers in Yellow pages or dial free 800-243-6100. In Conn. 800-882-650

T-M Reg. A. H. Pond Co.

GLUEABLES

continued from page 112



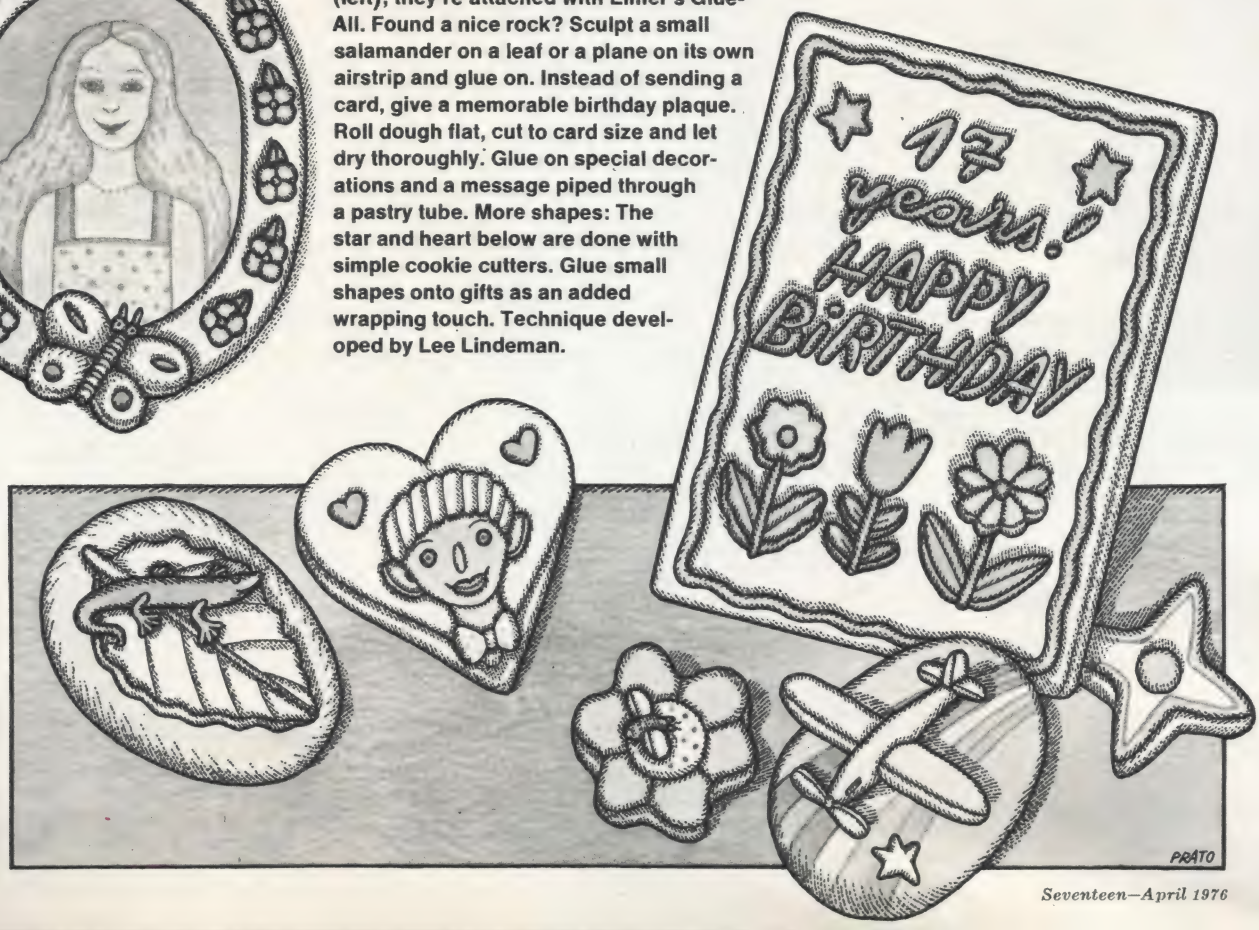
Make a batch of glue dough and shape ornaments

1 You'll need:
¼ cup Elmer's Glue-All
⅔ cup flour
¼ cup shampoo
Food coloring
Bowl for mixing

2 Place flour in bowl; add Elmer's Glue-All and shampoo. Blend well and knead like dough. Add drops of food coloring as desired. If dough is sticky, add a bit more flour. You should end up with a mass of pliable dough about the size of a baseball.

3 When you decide what to make (see ideas below), roll out and shape or cut dough into forms. Cookie cutters, bottle caps or small molds are fun to use for different shapes and textures. Allow all objects to dry thoroughly.
Note: Keep unused dough in a plastic bag (it can be stored in refrigerator for at least three weeks). If it gets dry, add water.

Use small shapes, like the flower clusters shown, to perk up a plain picture frame (left); they're attached with Elmer's Glue-All. Found a nice rock? Sculpt a small salamander on a leaf or a plane on its own airstrip and glue on. Instead of sending a card, give a memorable birthday plaque. Roll dough flat, cut to card size and let dry thoroughly. Glue on special decorations and a message piped through a pastry tube. More shapes: The star and heart below are done with simple cookie cutters. Glue small shapes onto gifts as an added wrapping touch. Technique developed by Lee Lindeman.



Strong & Gentle:

SUPER TITLE OVER LONG SHOT. HOLD MUSIC UNDER. SHE: Can we stop here? HE: Tired? SHE: Grubby. I'd love to wash my hair. But I forgot my shampoo.

DISSOLVE TO CAMP AREA. HE HANDS HER BOTTLE.
HE: Use mine.
SHE: Head & Shoulders? I didn't know you had dandruff.

HE: Doesn't bother me. As long as I keep using Head & Shoulders.

SHE: I've never used anything strong like this.

HE: It's strong enough to control your dandruff. But it's gentle on your hair.

SHE: Smells good. And gentle.
HE: Is good and gentle. You can use it every time you shampoo.

SHE: Nothing feels better than clean hair.
HE: It's so soft...and silky. Stick with my shampoo and it'll take care of your dandruff—and your hair.

SHE: Yeah. I really like your Head & Shoulders. Among other things.
MUSIC UP DISSOLVE TO PRODUCT SHOT AND SUPER WORDS AS SINGERS COME IN WITH LYRIC.

Strong against dandruff. Gentle on your hair.

HOME

growing things

Spathiphyllum

MALCOLM SPOONER

Are you guilty of overwatering your plants? The spathiphyllum, or spathe, is one plant you can water freely and not worry about! It's a graceful beauty, with white flowers resembling calla lilies that bloom at intervals throughout the year. The long dark green leaves are supported by thin, wiry stems; the delicate foliage alone makes it a very attractive house plant. Plants grow from approximately one foot to eighteen inches high. Keep soil moist at all times with daily watering. Mist frequently too—spathes thrive on lots of humidity. Pot in a mixture of two parts peat moss to one part each of potting soil and sand. Feed every two or three months with plant fertilizer. Keep plants in a shady spot except in winter, when they should be placed in partial or filtered sun. Sponge leaves occasionally to remove accumulated dust.

It's a natural for fresh breath
One of the little secrets of Mary's self confidence is knowing her breath is clean and fresh. She keeps it that way with Doublemint Gum. Its cool, fresh flavor helps her breath stay attractively fresh and nice to be near. It can do the same for you. Doublemint Gum... it's a natural for fresh breath.
WRIGLEY'S
DOUBLEMINT
CHEWING GUM

HOME

PROM

Get into the action! Your class can win $100 and have its ideas published in SEVENTEEN

That's right! We're offering $100 and the chance to have your prom-making ideas published in one of our spring 1977 issues. Any accredited senior high school can enter; entries must be submitted by an entire class and signed by the class faculty adviser. There'll be one winner. No runners-up!

Submit entries in writing, along with photographs and/or sketches. Give specific information about your prom: date, time, place, number of people who attended, theme, budget. Tell us who made the decorations, whether members of the community helped, how much your prom cost per person, whether it included a meal and/or music, plus any other important details.

Type or write this information in ink on 8½-by-11-inch paper. Send sketches or inexpensive photographs of the finished project. Write your school's name, address and telephone number and the name of your faculty adviser on the back of each piece of paper and photo or sketch. Clip together.

Entries must be postmarked no later than August 1, 1976. Keep a copy of all material submitted. None of it will be returned.

All entries will be read and reviewed by the editors of SEVENTEEN. They will be judged on the basis of originality, overall appearance and visual effect. Entries become the sole property of Triangle Communications Inc. Send to SEVENTEEN, Home Department, 850 Third Avenue, New York, N.Y. 10022.

AMERICA NEEDS TECHNICIANS

It's a free booklet about the terrific careers that abound for technicians.

Careers that take only a year or two of technical education.

Careers that are opening up twice as fast as that for any other group.

In fields like medicine and architecture. Chemistry and ecology. Urban planning and nuclear research, to name just a few.

The facts are in our free booklet. Write: Careers, P.O. Box 111, Wash., D.C. 20044.

After Michelle Satter cut her hair, she discovered a whole new part of her body. Her back and shoulders. Now she can't find enough ways to show them off. Michelle's old fragrance didn't fit Michelle's new womanliness. Then she found one that did. Cachet.

When Joan McArthur lost 35 pounds she found the real Joan hiding underneath. 'After 20 years I finally found out who I am. Now I want a fragrance that says Joan and means it. Cachet.'

Janet Viertel spends 6 months a year underwater photographing a lot of fishy characters. She's from the school that says women should live the way they want to live. And what Janet loves about her life is what she loves about Cachet. It's 100% hers.

Cachet. It's the fragrance as individual as you are.

We know you don't want to look like the next girl. Or wear a fragrance like the next girl's either.

That's why we created Cachet.

Every woman on this page can wear it and it'll be something a little different on every single one.

Because, besides being fresh and fascinating, Cachet was designed to pick up and play up a woman's own special chemistry.

In perfume. Cologne. Bath things. Everything.

Maybe it isn't you. But then again, maybe it's the first fragrance that really is.

Cachet by Prince Matchabelli

Furniture for lovers

Is there any more charming way to start your lives together than with his gift of a love chest? A place to keep all the treasured things that belong to the two of you, until the day you move into your first home. The lovely old patchwork quilt Grandma gave you. Those wild bath sets you picked up at the white sale. Fluffy blankets, lacy table linens. All kept safe and clean in cedar fragrance, under lock and key. On the opposite page are just some of the styles we make. For folders showing more love chests, and other Lane furniture, send 25¢ to The Lane Co., Inc., Dept. A04, Altavista, Va. 24517. In Canada, Knechtel Furniture Ltd.

Lane®
Love Chests

For your nearest "Love Chest" dealer, phone free day or night:
800-243-6100 (In Connecticut, 1-800-882-6500).

A love chest. It gets something beautiful going for you.

And when you're home from the honeymoon and move into your first apartment, you'll find your Lane chest more practical than ever as a handsome piece of storage furniture.

*2943-60 cherry fruitwood**

*2397-01 oak**

*2930-01 oak**

*2399-11 mozambique**

*2499-31 oak**

*2791-32 pecan**

*4114-23 oak**

*2787-15 backberry**

4174-91 oak, simulated wood carvings*

*2760-52 tulipwood**

*2746-66 white or cherry**

2729-06 pine or maple**

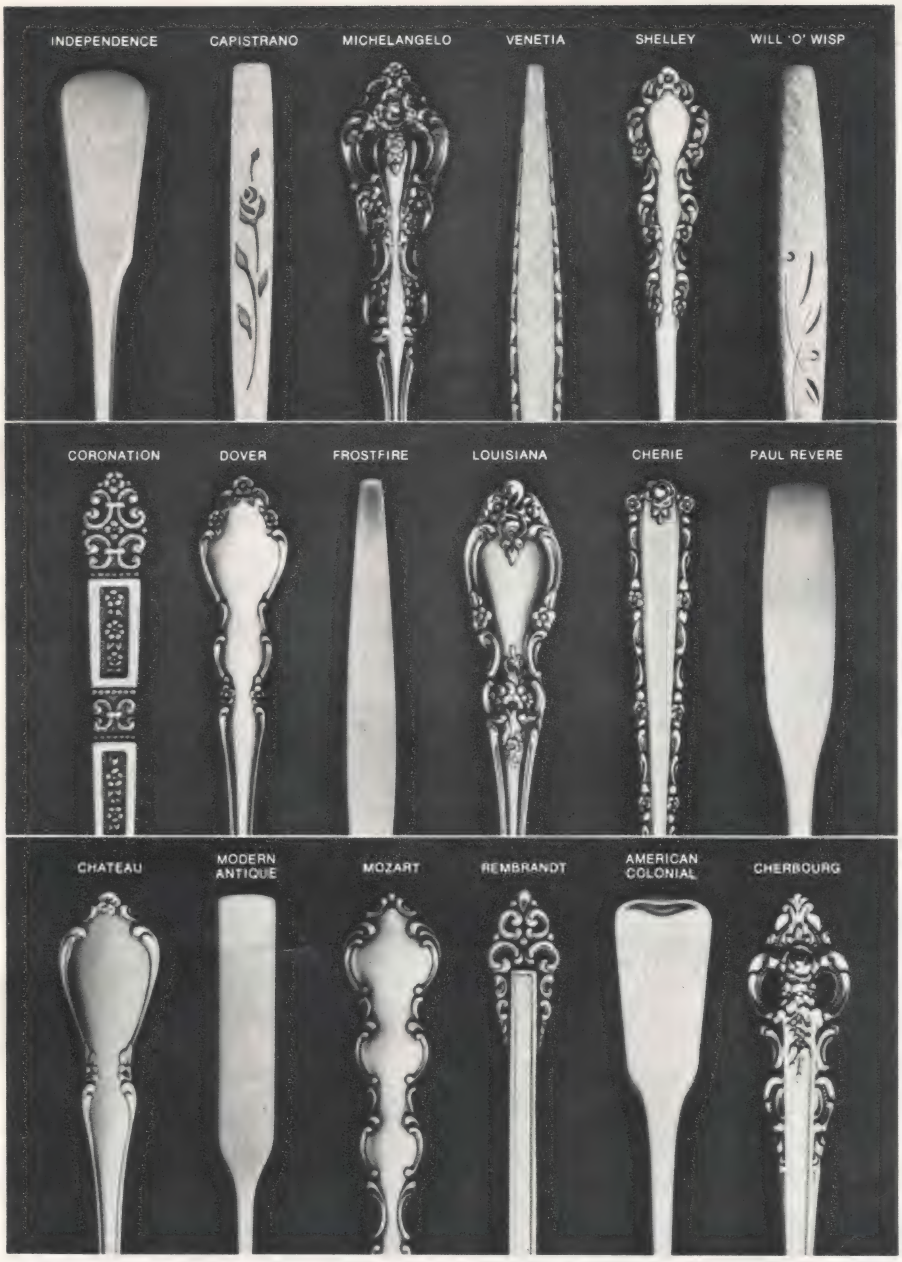
*2743-22 pine**

*2929-43 maple*or pine **

2757-91 oak, simulated wood carvings*

Left Page: No. 4149-06 Pine. Also Maple,* or Antique Red, Green or White.*

**Veneered Construction.*



Stainless sample 50¢

☐ American Colonial
☐ Capistrano
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☐ Cherie
☐ Coronation
☐ Dover
☐ Frostfire
☐ Independence
☐ Louisiana
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☐ Mozart
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☐ Rembrandt
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I enclose 50¢ for each Oneida sample stainless teaspoon I've checked. (Offer limited to one teaspoon per pattern, please.)

I understand complete services are available at fine stores everywhere.

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Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Expires 12/31/76.

ONEIDA

The silver cube. Our silversmiths' mark of excellence.

on file...

addresses, recipes, lots more!

HERB GORGOGLIONE

Make this index book for the info you want to keep right at your fingertips.

Supplies you'll need:

Medium-weight illustration board or cardboard; one package of 3-by-5-inch index cards; one 1½-inch loose-leaf ring; fabric scraps; white bond paper; white glue; small paintbrush for glue; pencil; ruler; single-edged razor blade; scissors; ribbon; hole punch.

1 Using single-edged razor blade, cut two 3-by-5-inch pieces of board. Then cut two pieces each of bond paper and fabric ½ inch larger than boards on all sides. Using solution of half water and half white glue, glue fabric to paper; smooth out. Let dry.

2 Center paper-lined fabric over each board; glue; let dry thoroughly. Miter corners to reduce bulk: Cut away a triangle of fabric about ¼ inch out from each corner of board. Starting with one long edge, fold fabric over to uncovered side of board; glue. Repeat for other long edge. Press excess fabric at corners down around edge of board with your fingernails. Fold each short side over; glue. Let dry.

3 For tie closing at one end (see photo), cut two 10-inch lengths of ribbon. Glue one end to center of each board on the wrong side.

4 To cover wrong side of boards, glue on paper-lined fabric. Weight boards with books; let dry overnight.

5 With hole punch, punch a hole for loose-leaf ring in the center of one short edge of each cover, about ¼ inch in. Using cover holes as a guide, punch holes in index cards. Place loose-leaf ring through covers and cards; tie ribbons in a bow.

Beautiful Body

...that's the beauty of Protein 21 Shampoo ...it conditions as it cleans...so it adds the body that helps "beat the frizzies."

(Magnified split end before shampooing with Protein 21.

Same frizzy after eight shampoos.)

Protein 21® Shampoo adds the body that helps "beat the frizzies."

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For over 80 years youthful Americans have been enjoying the fun of riding Schwinn bicycles. Generations of outdoor-loving people who recognize the quality, value and pride of ownership of the bicycle with the one exclusive feature found on no other — the Schwinn Name. Sold and serviced exclusively by a nationwide network of independent factory-trained dealers who offer over 60 models from which to choose, and Schwinn bicycles are delivered assembled, adjusted and ready-to-ride at no extra charge.

The Schwinn Le Tour® ten-speed lug frame mixtie style lightweight. $169.95*

Send 25¢
for the new 1976
64-page Schwinn
Bicentennial Bike Catalog

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SCHWINN® HIGH-PERFORMANCE ACCESSORIES TO ADD MORE FUN TO YOUR RIDING.

Generator Set
It's lightweight

Powerful handlebar mounted light detaches for a convenient flashlight

Deluxe lightweight alloy carrier, securely holds packages in place

Denim Touring Bag
Fits on back of bike

Keylocks 6 foot vinyl-covered Cable
Laminated hardened steel shackle

In this world of ordinary polyesters, we're glad there is Visa.

PANDORA
takes the game.

Following through, two winning looks fashioned of Milliken Visa—the truly extraordinary polyester fabrics. Ahh! You have to wear Visa to believe how cool and comfortable it is. Oops! You have to watch even tough, oily stains come right out in the wash. Wow! You have to admire how it stays just-bought bright, wash after wash. Look for the Visa tag on fine fashions like Pandora. You'll never settle for ordinary polyester again.

Flared skirt, about $16; blazer, $32; pants, $18. In Navy, Black, Spun Apricot, Blue Bell, Lemon Meringue, Cream Mint, Cloud White. $13. All 5-15.
At fine stores everywhere.

VISA®
TEXTURIZED POLYESTER FABRIC

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money-savers

Going abroad this summer? Try these freebie / cheapie organizers

by Doris Clarke

If you've lucked into a European trip for '76, you know there's big money involved. But once your passport application is under way, think about cutting costs and gaining know-how with some of these aids.

1 Start at the top with the State Department's brochure, *Youth Travels Abroad: What To Know Before You Go.* Send 45¢ to Superintendent of Documents, Government Printing Office, Washington, D.C. 20402.

2 Get your bearings with *Values and Measures Throughout the World,* a free pamphlet from The Secretariat, Swiss Bank Corporation, 15 Nassau Street, New York, N.Y. 10005. Twenty-five cents buys an excellent currency converter, *The Key to Travel Abroad,* from Perera, 630 Fifth Avenue, New York, N.Y. 10020. If you stop by their office, it's free.

3 Big spender? Pick up the Harvard guide, *Let's Go: Europe,* $3.95. This annually revised book is a classic for tight-budget travelers. Fun to read too, even if you're not going abroad. At bookstores, or write Harvard Student Agencies, 4 Holyoke Street, Cambridge, Massachusetts 02138.

4 Fifty pages of bargains, benefits and travel advice are packed into the *Student Travel Catalog,* published by the Council on International Educational Exchange (CIEE), the largest student travel organization in the U.S.

One section deals with air travel; you'll find 125 money-saving charter flights to Europe from New York, Chicago, Los Angeles and San Francisco, plus globe-trotting student flights at half the regular price connecting cities in Europe, Asia, Africa and the Middle East.

Also included is information on low-cost accommodations around the world, educational travel insurance, special student tours and bargains in European train and car travel—plus news about a program that can help students get work in Great Britain, France or Germany. And like a magic thread that connects all these good things, there's info on how to apply for the International Student ID Card, a best buy at $2.50, which entitles you to thousands of discounts and other benefits.

For a copy of the *Student Travel Catalog,* send 25¢ to CIEE, Dept. EMC, 777 United Nations Plaza, New York, N.Y. 10017, or 236 North Santa Cruz, No. 314, Los Gatos, California 95030. If you stop in at either office, it's free for the asking.

5 Want to see lots of places close up? The Student Railpass is a great standby. For $195, you get two months of unlimited second-class rail travel in thirteen European countries. And that opens the door to more than 100,000 miles of track linking cities, towns and breathtaking scenery from Portugal to Austria, from northern Sweden to way down south in Spain and Italy. If you've never done much train travel, you'll find *(continued on page 126)*

THE 'MOODSTONE' RING

THE RING THAT TURNS COLORS BEFORE YOUR VERY EYES WITH THE CHANGES IN YOUR MOOD

The transformation of colors are likely to reveal your hidden emotions:
JET BLACK—cold and indifferent
AMBER—tense
YELLOW—mellow
LIGHT GREEN—light headed, giggly
TURQUOISE—sentimental
ROYAL BLUE—passionate

The mysterious 'MOODSTONE' ring is available in a lovely pewter setting in two finishes, (14Kt. gold and solid sterling silver finish) for ONLY $3.95 each. Also available are lovely, highly polished AUSTRIAN BIRTHSTONE SPOON RINGS. These rings are available with the month of the birthstone hand engraved under each and every individual stone in a magnificent 14kt. gold finish for ONLY $3.00 each.

You may buy the 'MOODSTONE' ring for ONLY $3.95 each, or an AUSTRIAN BIRTHSTONE SPOON RING for $3.00 each. Or you may purchase any three rings at the low introductory offer of $9.00.

To order, briefly describe rings of your choice. Please include $.50 postage and handling for each item ordered. For immediate delivery send postal money order to:

Send to: Alliance American Antique Corp.
P.O. Box 713, Dept. SVt-4 Midtown Station
N.Y., N.Y. 10018
N.Y. residents add 8% sales tax
Model # _____
Enclosed $_____ Check ___ M.O. ___
Name _____
Address _____
City _____ State ___ Zip ___

The things you learn at pajama parties.

Going to the swim party at Bob's tomorrow, Janie?
I was – but now I've got my period, and I can't use tampons. I've tried.
Try these, Janie. Pursettes have pre-lubricated tips, and no bulky applicators. Makes them easier to use.
They're ecologically better, too. No applicators. No plumbing problems.
Protection's super! Brings you real inner peace.
Hey, the phone. Get out your bikini, Janie, and say yes.
Ask him if he's got a spare friend. Okay?

You don't have to start with napkins just because it's your very first period. Even girls who've tried tampons and given up find Pursettes® easy to use. And they find the Pursettes compact great for carrying extra protection. If you'd like one free, filled with four regulars or three super Pursettes Plus® tampons (indicate choice), mail 25¢ for postage-handling to Campana, Dept. S-046, Batavia, Ill. 60510.
See why Pursettes are called the tote tampons.

Offer good in U.S.A. only. Expires in 90 days.

"We took cinnamon, lemon and rose hips and created three of the most deliciously different teas you'll ever taste."

Cinnamon Stick. The subtlety of cinnamon matched with an equally subtle tea.

Lemon Lift. The just-squeezed flavor of lemon blended with a robust Orange Pekoe.

Rose Garden. The delicate blending of rose hips, hibiscus petals and fine teas.

"We're known for our ability to blend delicate flavorings with fine teas.

"Shown here are three of our newest and most delicious flavored teas.

"Now because these teas are so new, they may not yet be available in your favorite food store.

"With this in mind, I'd like to make you a special offer.

"For just $1.00 I'll send you a generous sample of each of these three teas: aromatic Cinnamon Stick, refreshing Lemon Lift, and the delicately beautiful Rose Garden.

"Then, in the comfort of your own home, see if you don't discover three of the most deliciously different teas you've ever tasted."

David C Bigelow

Send for Special Offer

Bigelow Tea Company
P.O. Box 793, Dept. EE
Norwalk, Conn. 06856

Please send me 15 tea bags (five of each flavor) of your three deliciously different teas. My $1.00 is enclosed. (Postage and handling included.)

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Address

City

State Zip

Offer expires 10/30/76.

From the makers of "Constant Comment"® Tea.

that it's more than just a way to cover the countryside; it can be a means of meeting and making friends with the people of the varied lands you pass through.

What else does the Railpass do for you? It provides free travel or reduced fares on many steamers, ferries and motor coach excursions.

The Student Railpass must be obtained before you leave, as it is not available in Europe. You can buy it through travel agents or the CIEE (item 4, page 124).

6 One of the best ways to enjoy Europe on the cheap is to go hosteling. It's not for everyone—but if you're in good shape for lots of bike riding, have a taste for adventure and are resilient and resourceful enough to have fun under bone-simple living conditions, then it may be just the ticket for you.

If you're in good shape for lots of bike riding, have a taste for adventure and can have fun under bone-simple living conditions . . .

To begin, you'll need an American Youth Hostels pass, which is good at any hostel in the world. A junior membership card (age eighteen and under) is $5; if you're over eighteen, it's $11. Accommodations vary widely, so you'll want to have the *Hostel Guide and Handbook* (cost, $3.20), which gives coded descriptions with information about hot water, showers, grocery stores and all the basics.

While independent travel is the choice of some experienced hostelers, joining an organized tour group is a better idea for first-timers. AYH offers a full program of these for small groups of eight or ten plus a trained leader. Groups are usually coed and assembled as closely as possible according to age and interests.

Following predetermined schedules, the groups use hostels and other accommodations, and travel by bike, bus, train or public transportation. Examples: A thirty-two day bike/train trip to France and Switzerland is $1,120, including jet fares; thirty days of biking and camping through seven countries is $954.

For details about trips, AYH pass and handbook, write American Youth Hostels, 132 Spring Street, New York, N.Y. 10012.

7 How's your health? Even if you're feeling great, it's wise to be prepared for occasional traveler's complaints. Read one of these before departure and carry it with you: *How To Stay Healthy While Traveling* by Bob Young, M.D., and Mary Young, R.N.; $1 from Box 567, Santa Barbara, Calif. 93102. *Health Guide for Travelers,* $1.25 from Consumers Union, Orangeburg, N.Y. 10962.

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Fashion by Scott Barrie

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JUST FOR THE FUN OF IT.

Left: Rosie-The-Riveter. Sizes 3/4-15/16. About $26.00.
Center: Jumpin' Jax. Sizes 3/4-15/16. About $20.00.
Right: Paratrooper Jeans. Sizes 3/4-15/16. About $12.00.
Nifty Fifties Shirt. Sizes 5/6-15/16. About $13.00.

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Wendy Li Volsi
Bronx, New York

An unsolicited letter to Tone.
The soap with cocoa butter and moisturizers.

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seventeen's BIG TENNIS TOURNAMENT

Some of America's most promising young women players will be belting away in mid-May for rank and glory

"I've never traveled so far to play tennis, but I can't wait," says sixteen-year-old Jennifer Staats of Honolulu, Hawaii. "I just hope it's not too cold in Washington!"

Jennifer is one of two hundred top young women tennis players who'll be on hand at the Four Seasons Tennis Club in Merrifield, Virginia (a suburb of Washington, D.C.), from May 12 through 16. They'll be belting away in SEVENTEEN's first annual Tennis Tournament of Champions, sanctioned by the United States Tennis Association. The players are more likely to be greeted by cherry blossoms and politicians than by frost!

The tournament will be every bit as all-American as the surroundings. It's scheduled to be the only junior net event with competitors from every state in the nation (except Alaska—not much tennis in those snowy parts). "Hawaii isn't usually represented at tennis championships," says Jennifer. But this time Hawaii and the other states will have representatives in each of four age groups: 14 and under, 16 and under, 18 and under, 21 and under. The participants are winners of qualifying tournaments in their states and were selected by the Maureen Connolly Brinker Tennis Foundation. (The MCBT Foundation, named for the late woman tennis champion of the 1950s, is presenting the event, on behalf of SEVENTEEN.)

The four champs from each state have been awarded all-expense-paid trips to the national finals, and after five May days of competition, the star in each age group will emerge. That's not all. At stake is the chance to be named tennis's Most Promising Player. A SEVENTEEN panel of experts will analyze the action and handpick the potential superstar, whom SEVENTEEN will then sponsor for one year on the national junior circuit. Watch out, Chris Evert!

In the 14-and-under category, expect fast-paced action from Tracy Austin, a blond thirteen-year-old from Rolling Hills, California. Tracy, who weighs eighty-five pounds, has a mean two-handed backhand and is the top-ranked player for her age in the country. She spends about three hours a day on the courts and already has accumulated 115 trophies! Her goal? "I want to be the best woman player in the world!"

Another seventh grader with the same ambition is Shelly Solomon, thirteen, kid sister of Davis Cup player Harold. Big brother Harold started teaching Shelly all the court moves when she was six. "I have good nerves," says Shelly, "so I can play under a lot of pressure." Tracy and Shelly are good friends (Shelly's from Florida, so they meet only at tournaments), but they've never played against each other. A big rivalry is in the making!

Also fighting for that trophy will be Elise Burgin, fourteen, a green-eyed dynamo from Baltimore, Maryland. Elise gets up at 6:00 A.M. every day so she can play tennis before school. After school—more tennis and lots of studying. "I'll definitely continue my education," she says, "because I want to be a lawyer." Can she be Perry Mason and Billie Jean King rolled into one? "Sure," she says. "It's fun to do lots of things."

A star from Daytona Beach, Florida, Zenda Liess, sixteen, is one player to watch carefully in the 16-and-under bracket. Zenda used to practice her strokes against her father, but now she beats him left-handed! She's ranked No. 3 in the country among her age group and has had a national ranking since she was ten. "That was the first year she picked up a racket," says her mother. "It was all natural ability." Zenda's an all-A student at Spruce Creek High, but she has no plans for college. She recently played a match against Rosie Casals, a top singles player on the Virginia Slims circuit, and won one set. Now she's eager to turn professional.

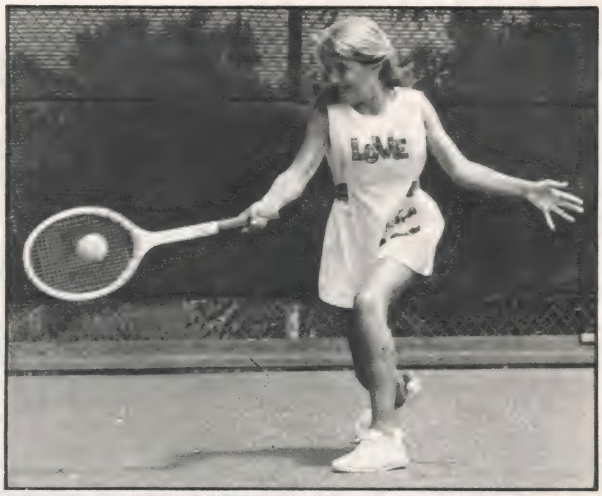
Mareen ("Everyone calls me Peanut") Louie, fifteen, an upcoming champ from San Francisco, plans to

All players will be housed at the National 4-H Center in Washington, D.C. Smith Hall (right) is one of several buildings at its campus setting

give Zenda a hard time on the courts. Peanut, a tenth grader at George Washington High, has already triumphed over dozens of guys at her school to grab a top spot on the boys' varsity tennis team. Five foot five and 105 pounds, Peanut has won nine national titles—"but I don't travel very much, and it should be nice to go to the capital and Virginia." Peanut practices in her local park and prefers to wear ordinary clothes ("like pants") when she plays. It's easy for her to find practice partners, since she loves to bake cookies and cakes and always offers her goodies to opponents!

Among the eighteen-year-old competitors is Susan Hagey, who was one of the first women to get a full athletic scholarship to Stanford University. Floridian Lynn Epstein, eighteen, is the top seed in the 18-and-under division. Coming in from Omaha, Nebraska, is Debbie Denenberg, who's hoping to pull some wins out of her tennis bag.

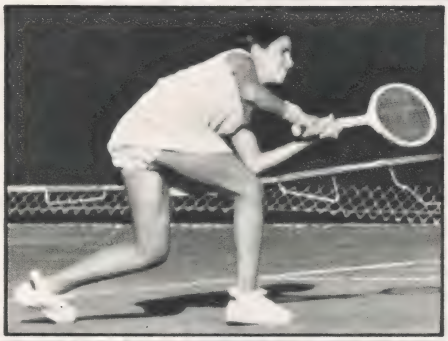
The SEVENTEEN judges who'll be evaluating the players and choosing our own "Ms. Teen-age Tennis" from among them include Nancy Jeffett, president of the Maureen Connolly Brinker Tennis Foundation; Edy McGoldrick *(continued on page 132)*



14 AND UNDER
Tracy Austin, right, thirteen, of Rolling Hills, California, is ranked No. 1

Shelly Solomon, directly below, thirteen, of Fort Lauderdale, Florida, is the kid sister of Davis Cup player Harold

Elise Burgin, below right, fourteen, of Baltimore, Maryland, is another leader



16 AND UNDER
Mareen "Peanut" Louie, left, fifteen, of San Francisco, has won nine national titles

18 AND UNDER
Anne Smith, below, seventeen, of Dallas, Texas, rates high

21 AND UNDER
Barbara Jordan, below left, nineteen, of King of Prussia, Pennsylvania, is a talented player in this category

Chris Penn, below right, nineteen, of Phoenix, Arizona, is another hard hitter

seventeen's Tennis Tournament of Champions

Interested in playing next year? State qualifying tournaments will be played this summer in four age groups—14 and under, 16 and under, 18 and under, 21 and under. The four winners from each state will receive invitations to the 1977 SEVENTEEN tournament from the Maureen Connolly Brinker Tennis Foundation. For further information about the qualifying tournament in your area, write: Mrs. Elsa Jablonski, Tournament Chairman, Maureen Connolly Brinker Tennis Foundation, 4113 Montpelier Road, Rockville, Maryland 20853. All players must be members of the United States Tennis Association. Application blanks will be available at tournament sites (fee $2).

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director of women's tennis of the U.S. Tennis Association; Julie Heldman, third-ranked American women's player in 1975 and now SEVENTEEN's regular tennis columnist; and Ruth R. Lay, chairwoman of the Junior Wightman Cup committee for the U.S. Tennis Association.

The competitors will be housed together at the National 4-H Center in Washington, D.C., and they'll have time for a banquet in their honor. **—by Janice Kaplan**

Here's the tournament lineup:

Kathleen Collins, fourteen, East Norwalk, Conn.

14 and under:
Margaret Taylor, Gadsden, Alabama
Karen Buchsbaum, Tucson, Arizona
Shannon Fedler, Little Rock, Arkansas
Tracy Austin, Rolling Hills, California
Susan Connelly, Littleton, Colorado
Kathleen Collins, East Norwalk, Connecticut
Chandlee Johnson, Wilmington, Delaware
Janine Marie Austin, Washington, D.C.
Shelly Solomon, Fort Lauderdale, Florida
Jaime Kaplan, Macon, Georgia
Hannah Somerville, Honolulu, Hawaii
Geri Caven, Boise, Idaho
Susy Jaeger, Lincolnshire, Illinois
Kate Gompert, Carmel, Indiana
Kay Riek, Grundy Center, Iowa
Karen Bunag, Overland Park, Kansas
Cathy Ramser, Louisville, Kentucky
Stephanie Fess, Shreveport, Louisiana
Amy Kruger, Cape Elizabeth, Maine
Elise Burgin, Baltimore, Maryland
Joy Cummings, Manchester, Massachusetts
Felicia Raschiatore, Rochester, Michigan
Wendy Kiser, Excelsior, Minnesota
Meg Elliott, Brookhaven, Mississippi
Melissa Blount, St. Louis, Missouri
Denise Albrecht, Great Falls, Montana
Mimi Magiera, Omaha, Nebraska
Mary Sue Rowan, Las Vegas, Nevada
Kristen Di Mambro, Durham, New Hampshire
Nancy Jane Ornstein, Matawan, New Jersey
Kathrin Keil, Albuquerque, New Mexico
Dawn Otto, West Sayville, New York
Amy Lynn Barnette, Charlotte, N. Carolina
Niki Pappas, Fargo, North Dakota
Rhonda Zwelling, Columbus, Ohio
Carol Sue Loyd, Tulsa, Oklahoma
Elizabeth Carr, Portland, Oregon
Leslie Ochroch, Jenkintown, Pennsylvania
Jane Forman, Providence, Rhode Island
Megan Armstrong, Spartanburg, S. Carolina
Michelle Volin, Sioux Falls, South Dakota
Marian Kremer, Memphis, Tennessee
Lila Hirsch, Beaumont, Texas
Leslie Pearce, Provo, Utah
Judy Stone, South Burlington, Vermont
Amy Kneale, Arlington, Virginia
Tenley Stewart, Fort Lewis, Washington
Emily Ward, South Charleston, West Virginia
Kim Kraines, Waukesha, Wisconsin
Michelle Murphy, Casper, Wyoming

16 and under:
Morrow West, Mobile, Alabama
Caryn Copeland, Scottsdale, Arizona
Dana Love, Little Rock, Arkansas
Mareen Louie, San Francisco, California
Diane Kobs, Littleton, Colorado
Barbara Potter, Woodbury, Connecticut
More on page 140

THE WEAR-DATED® PROMISE

TENNIS PARTNERS...WARMING UP

Forehand, backhand, lob, volley, smash. Tennis is fun, whether you're batting balls for exercise or competing for keeps in Seventeen's Tournament of Champions. Especially when you have a great choice of new Wear-Dated clothes to help you win cheers on or off the court.

May 12 to May 16, 1976
Four Seasons Tennis Club, Merrifield, Virginia
seventeen's tennis tournament of champions
presented by
The Maureen Connolly Brinker Tennis Foundation, Inc
sanctioned by The United States Tennis Association

See Page 234 for official stores carrying Wear-Dated tennis apparel.

LOOMTOGS TENNIS WHITES (Left) warm-up has bright braid striping on its V-yoke jacket and racing down the sleeves; teamed with matching pants. Acrilan® acrylic. Rust or navy combos. Pt.-S-M-L, about $45.

WHITE STAG® (Right) warm-up shows its stripes around the waistband and sleeve cuffs; paired with matching pants. Acrilan. Green/navy, powder blue/turquoise, lilac/sunshine, orange/ecru. S-M-L, about $38.

Monsanto

The Promise: All Wear-Dated® clothes are warranted for a full year's normal wear, refund or replacement when returned with tag and sales slip to Monsanto.

THE LINE (Above Left) warms you up with sizzling color contrasts. Raglan-sleeve jacket has stripes circling the stand-up collar and ribbed cuffs; with coordinated pants. Acrilan® acrylic. Coral/blue. S-M-L, about $45.

TOPAZ (Above Right) hooded warm-up with piping accented jacket, matching pants. Acrilan/cotton. Gold, kelly, peach, navy or brown with white. S-M-L, about $32.

TENNIS PARTNERS...

PELICAN COURT (Left) warm-up and tennis dress are matched to a T. White/green or white/navy. Suit of Acrilan. 7-14, about $21; Jrs., about $26. Dress of Monsanto polyester doubleknit. 3-6X, about $14; 7-14, about $16; Jrs., about $26.

MATCH POINT

Wear-Dated court strategy calls for warm-ups and tennis dresses that strike a match and send out sparks of color.

CHRISSIE EVERT for PURITAN shows her championship form with tennis dress and warm-up coordinates. Princess dress of Monsanto polyester, white with multi-stripes, 6-14, about $26. Suit of Acrilan® acrylic fleece, dark green with multi-stripes, S-M-L, about $38.

Monsanto

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ULTRASPORT LTD. by RUTH BRAHMS (Top Left) bares your midriff with a two-toned terry tennis set. Acrilan® acrylic/Monsanto polyester. White/beige or white/blue. P-S-M-L. Tank top, about $16; sweater jac, about $28; romper shorts, about $20. Your partner mates a stripey tank top with boxer shorts in a pointelle knit of Monsanto polyester. White/red or white/royal. P-S-M-L. Each, about $16.

TENNIS PARTNERS...

FUN SUN TENNIS (Top Right) cool-off suit sports a shirt jac and matching shorts. Monsanto polyester Navy, white or brown. 6-14. Jacket, about $21; shorts, about $11.

DUNLOP (Left) hits the court with a western style warm-up, slashed with bold stripes. 100% Acrilan. Red, blue, yellow or green with white or white with navy. Hers & His Adult XS-XL, about $38; Youth S-M-L, red or navy with white only, about $30.

STRAIGHT SETS

What's the score? Advantage Wear-Dated, with tennis pair-ups that look neat and nifty before, during and after the tournament.

TOP SEED (Left) blazes diagonal stripes across the jacket of this warm-up; teamed with classic white pants. 100% Acrilan® acrylic. Brown/white/yellow, forest green/white/red or royal/white/powder. XS-S-M-L, about $46.

COURT CASUALS (Right) tri-color warm-up looks great off the court as well as playing the game. 100% Acrilan. Ecru/beige/brown, ecru/mint/olive or ecru/rust/terra cotta. S-M-L, about $45.

Monsanto

The Promise: All Wear-Dated® clothes are warranted for a full year's normal wear, refund or replacement when returned with tag and sales slip to Monsanto.

COURT I (Left) tops a tank-style dress in white with royal and yellow shaded stripes. Monsanto polyester/cotton. 6-14, about $28.

KIM MORGEN (Center Left) keeps you cool in a zip-front terry romper, with deep V neck and drawstring waist. Acrilan® acrylic/Monsanto polyester. White, green, blue, yellow or orange. 6-14, about $19.95. (Center Right) Team a striped T shirt of Acrilan/Monsanto polyester with stripe-pocketed shorts of Monsanto polyester doubleknit. Blue, green or orange striped with white or all white, blue, green or orange. Shirt, S-M-L, about $9.00; shorts, 5-13, 6-14, about $9.00.

LOOMTOGS TENNIS WHITES (Right) braid-accented warm-up jacket has matching shorts or long pants. Acrilan. Cadet blue with red/white. Pt.-S-M-L. Jacket, about $29; shorts, about $11; long pants (Not Shown), about $17.

THE WEAR-DATED® PROMISE

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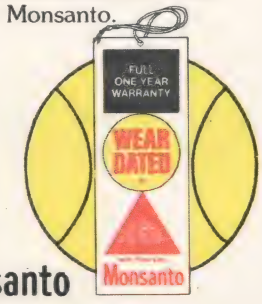
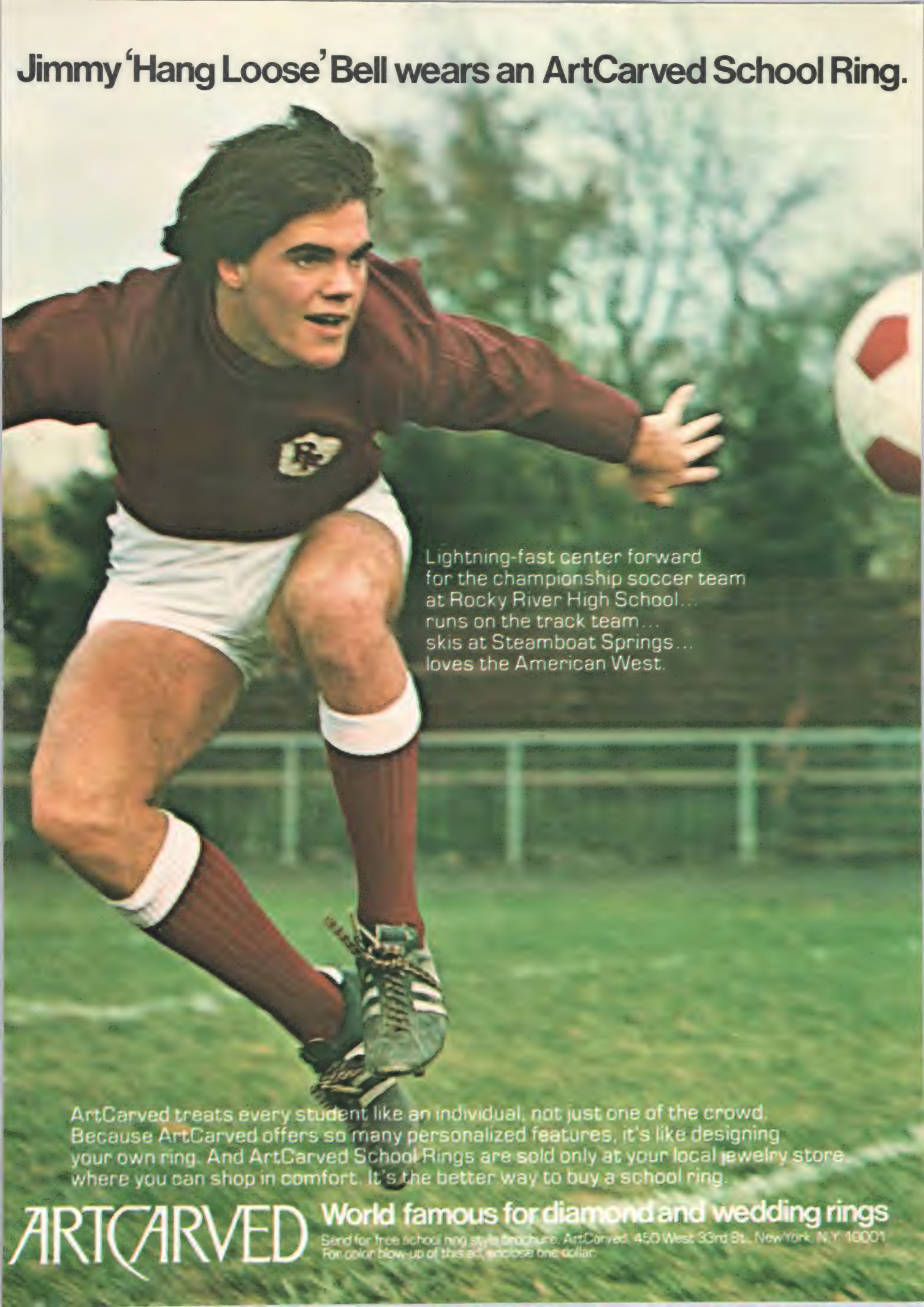


Monsanto

JOSEPH LOVE knit partners are both Monsanto polyester. (Left) Merry sunshine applique on a cinch waist tennis dress with panty. White with orange/gold. 4-6X, about $14; 7-14, about $16, 6-14 about $18. (Right) Pretty butterfly applique on a fit and flare tennis dress with panty. White with red/navy/gold. 4-6X, about $16; 7-14, about $17.

Professional tennis equipment by Dunlop Sports Co. Tennis Shoes by PRO-Keds.

Jimmy 'Hang Loose' Bell wears an ArtCarved School Ring.



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Only the best were invited to play at Seventeen's Tournament of Champions.

Official ball of Seventeen's Tennis Tournament of Champions, Four Seasons Racquet Club, Merrifield, Va. May 12-16, 1976

...TENNIS TOURNAMENT

continued from page 132

Mindy Watts, fifteen, Salt Lake City, Utah

Ann Beaudoin, Wilmington, Delaware
Shirell Copeland, Washington, D.C.
Zenda Liess, Daytona Beach, Florida
Wendy White, Atlanta, Georgia
Jennifer Staats, Honolulu, Hawaii
Gina Caven, Boise, Idaho
Mary Ann Nelson, River Forest, Illinois
Mary Lou Piatek, Whiting, Indiana
Micki Schillig, Cedar Rapids, Iowa
Greta Froneberger, Shawnee Mission, Kansas
Amy Dougherty, Louisville, Kentucky
Lauren Cotter, Shreveport, Louisiana
Terri Curtin, South Portland, Maine
Diana Piotrow, Bethesda, Maryland
Kathryn Hoes, Wayland, Massachusetts
Julie Bookmyer, Birmingham, Michigan
Ann Henricksson, Mahtomedi, Minnesota
Debbie Dotson, Winona, Mississippi
Maria Rothschild, St. Louis, Missouri
Johanna Swenson, Bozeman, Montana
Susan Sheldon, Omaha, Nebraska
Rita Agassi, Las Vegas, Nevada
Mary Tom Higgs, Concord, New Hampshire
Caroline Stoll, Livingston, New Jersey
Jeanne Ann Maloof, Albuquerque, N. Mex.
Donna Rubin, Rye, New York
Wendy Corey, Chapel Hill, North Carolina
Ann Melvey, Fargo, North Dakota
Wendy Burkhart, Toledo, Ohio
Cheryl Kunkel, Tulsa, Oklahoma
Heidi Rose, Lake Oswego, Oregon
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Susan Squire, Aberdeen, South Dakota
Ann Glover, Knoxville, Tennessee
Toni Moss, Houston, Texas
Mindy Watts, Salt Lake City, Utah
Elizabeth McMahon, Stowe, Vermont
Allison Macatee, Arlington, Virginia
Leslie Tobin, Mercer Island, Washington
Anne White, Charleston, West Virginia
Christina Gay Mitchell, Mequon, Wisconsin
Cindy Omohundro, Sheridan, Wyoming

18 and under:
Ebie Taylor, Mobile, Alabama
Wendy Barlow, Phoenix, Arizona
Anne Forney, Pine Bluff, Arkansas
Susan Hagey, La Jolla, California
Barbara Eaton, Aurora, Colorado
Kristin Kinney, Darien, Connecticut
Sally Wilson, Wilmington, Delaware
Deborah Wytch, Washington, D.C.
Lynn Epstein, Miami, Florida
Mary Lynne Smisson, Columbus, Georgia
Linden Caldwell, Honolulu, Hawaii
Joni Blickenstaff, Boise, Idaho
Suzie Replogle, River Forest, Illinois
Anne Milbrath, Merrillville, Indiana
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Sue Clark, Leawood, Kansas
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Mary Prebil, St. Joseph, Minnesota

Janet Shands, Jackson, Mississippi
Kim Steinmetz, St. Louis, Missouri
Kristin Albrecht, Great Falls, Montana
Debbie Denenberg, Omaha, Nebraska
Cathy Fink, Las Vegas, Nevada
Joanne Ruel, Portsmouth, New Hampshire
Stephanie McAvoy, Linwood, New Jersey
Julie Sanderson, Albuquerque, New Mexico

Anne Milbrath, seventeen, Merrillville, Indiana

Betty Newfield, Jackson Heights, New York
Ava Watkins, Raleigh, North Carolina
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Linda Burrell, Cincinnati, Ohio
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Janie Gittleman, Providence, Rhode Island
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Theresa Bell, Aberdeen, South Dakota
Elizabeth Sharp, Knoxville, Tennessee
Anne Smith, Dallas, Texas
Linda Rich, Salt Lake City, Utah
Sara McNealus, Pawlet, Vermont
Nancy Neviaser, Fairfax, Virginia
Jeannie Dillingham, Tacoma, Washington
Kelley Kruk, Charleston, West Virginia
Laura Gordon, Elm Grove, Wisconsin
Karen Woodruff, Casper, Wyoming

21 and under:
Phyllis Blackwell, Mobile, Alabama
Chris Penn, Phoenix, Arizona
Janan Trimble, Little Rock, Arkansas
Diane Morrison, Los Angeles, California
Anne Vento, Pueblo, Colorado
Robin Rich, Darien, Connecticut
Sandy Gilson, Wilmington, Delaware
Karen Denison, Washington, D.C.
Lele Forood, Fort Lauderdale, Florida
Becky Cox, Atlanta, Georgia
Carolyn Tom, Honolulu, Hawaii
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Margaret Chutich, Anoka, Minnesota
Lulu Le Master, Jackson, Mississippi
Lori Oberheide, Kirkwood, Missouri
Jude Page, Great Falls, Montana
Brenda Braig, Omaha, Nebraska
Alexandria Brandwynne, Las Vegas, Nevada
Claudette Laliberte, Manchester, N. H.
Cindy Johnson, Spring Lake, New Jersey
Betsy Bogdan, Albuquerque, New Mexico
Mary Carillo, Douglaston, New York
Camey Timberlake, Lexington, N.C.
Margie Cole, Fargo, North Dakota
Nancy Janco, Dayton, Ohio
Ruthanna Kline, Oklahoma City, Oklahoma
Pauline Picco, Portland, Oregon
Barbara Jordan, King of Prussia, Pennsylvania
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Carolyn McBay, Cheyenne, Wyoming

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TENNIS TIPS

Should You Beat Your Boy Friend at Tennis?

by Julie Heldman

Sure, you should beat your boy friend at tennis, if you can. If the relationship is good and he's a friend as well as a date, both of you can go out and play tennis for fun and exercise. But if the relationship is complicated or the competition becomes unpleasant, you may have to decide which is more important, the winning or the boy.

Boys are usually better at tennis than girls, because they probably have had more exposure to sports and because most males are stronger and faster than most females. For generations, while little boys have been sent outside to play with bats and balls, little girls have been told to retreat into the house and play with dolls. So it's likely that your boy friend can beat you at tennis. If so, there's no problem, unless he not only is far superior on the courts but delights in trying to rub it in.

If he is much better than you, he shouldn't constantly try to beat you badly just to inflate his own ego. Instead, he should help you to improve either by teaching you, by not playing too hard or by playing with a handicap so that the two of you will have more of an equal match. If Chris Evert and Jimmy Connors, two stars with enormous pride in their performance, can practice together and help each other with their tennis when he is obviously a far better player, so can you and your beau.

If you are clearly a better tennis player than he is, then the roles are reversed. That can be difficult. So don't be nasty; be helpful. That builds up the relationship.

If you play about the same as your boy friend, you may find that he is happy to win some and lose some. With that attitude, neither of you dominates the other, and both of you enjoy the game. What could be better? But instead, you may face a problem when the male ego raises its ugly head. Some boys think all males are better in sports than all females. That's baloney! The trained male athlete is usually about 15 percent stronger and faster than his female counterpart of the same size. But some girls either have more talent for racket sports than their boy friends or are better trained. That can help to even things up.

HERB GORGOGLIONE

Julie Heldman has been one of the top women tennis players in the world for a decade. Her column will appear every other month

Boys are brought up to be winners and to be aggressive. Many don't like losing to a girl. Their theory goes: After all, girls are supposed to be feminine. That means submissive, second to the man. (A synonym for woman in Roget's *Thesaurus* is "little bit of fluff.")

If your fellow is hung up on the old stereotypes, he won't want to lose to some "fluff." It's then up to you to judge the relative importance of the boy and the game:

● How vital is winning at tennis to you, to him? If it means nothing to you and a lot *(continued on page 144)*

ANSWER SHEET

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Fill in the following chart with your correct answers, hunches, or guesses. The most accurate answers will receive an 8 x 10 glossy photo of Joe Famolare taken on the back porch of his villa in Florence, Italy. He will personally inscribe your name on his shoe. You will also get a special booklet on the Real Sport.

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DIRECTIONS

Following this passage are questions based on its content. Select the best answer for each question and blacken the appropriate space on the page at left.

SUGGESTED TIME 3 MINUTES
(You are on your honor here.)

READ THIS

In all sports, body heat contributes to fatigue. So Joe Famolare, famous for his Italian "Get There" shoe, has designed a sole that is totally ventilated. The result is a sport shoe honeycombed with air flow tunnels which cut body heat.

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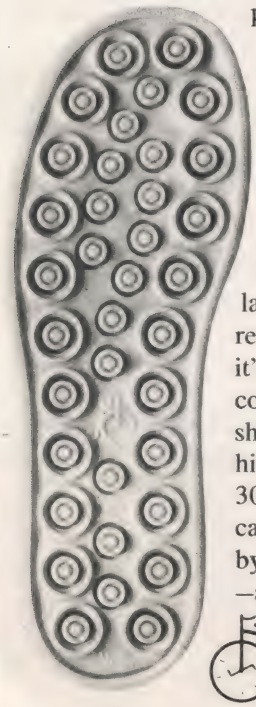


1. Pick the slogan for Famolare that suits the Sport best.
- a) Fast Footwork
- b) Cubans Make Lousy Heels
- c) Seven League Boots
- d) Sport Shoe of the '80's

2. How did Famolare outstrip competitors?
- a) Solved an engineering problem
- b) Solved a problem in engineering and artistry
- c) Studied da Vinci's foot drawings
- d) Hired top shoe artisans in Italy

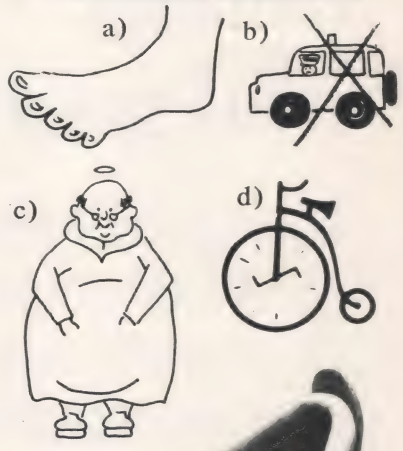
3. Fashion was an important aspect in the development of the Famolare Sport because
- a) the designer is extremely clothes conscious
- b) Famolare was out to prove that sport shoes *can* be functional without looking ugly
- c) Italians never create things that aren't aesthetically pleasing
- d) the sport shoe market needs upgrading

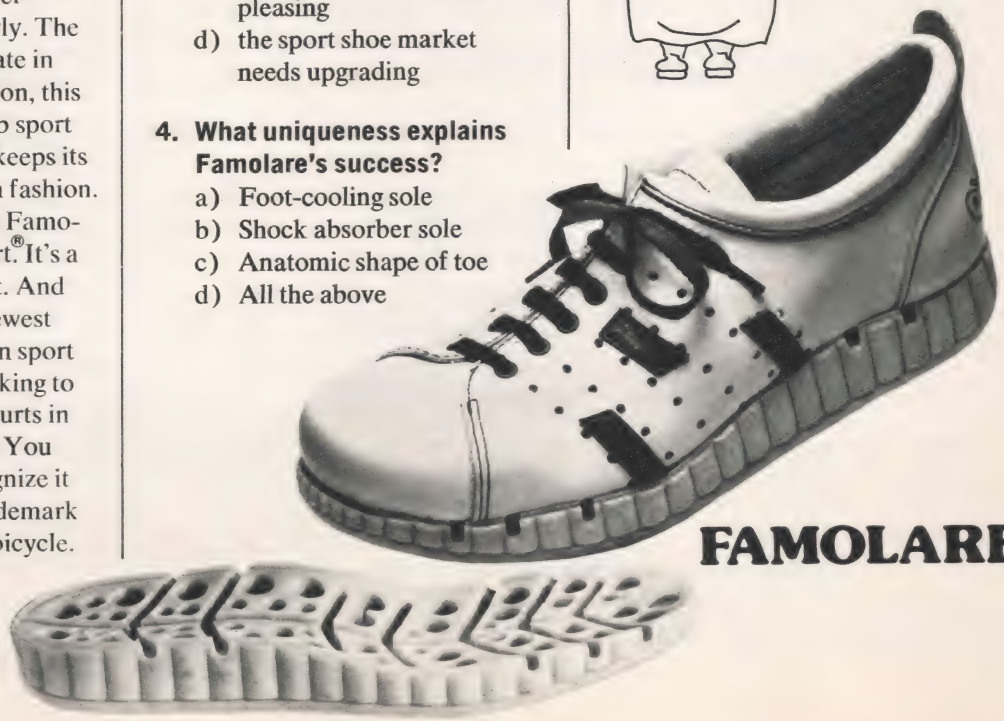
4. What uniqueness explains Famolare's success?
- a) Foot-cooling sole
- b) Shock absorber sole
- c) Anatomic shape of toe
- d) All the above

5. From reading the passage, I learned
- a) Sports shoes are all alike
- b) Color in a sports shoe is most important
- c) The old "sneaker" cannot be improved upon
- d) Famolare makes the best Sport Shoe going

6. Where does Famolare get his ideas?
- a) At Harry's Bar
- b) From Andy Warhol
- c) Intuition
- d) Foot watching

7. The Famolare trademark is





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SHOULD YOU BEAT YOUR BOY FRIEND AT TENNIS?

continued from page 142

to him, you might decide to let him win. However, if the game is important to you, then try your hardest all the time. That's how to succeed.

● Does his need to dominate also carry over *off* the court? Psychiatrists suggest that highly competitive people who take intense pleasure out of beating you as badly as possible on the court may seize any opportunity to put you down.

● How cheerful will he be afterward if you lose to him? Should you "throw" a few vital points so that he will be a better companion? If you deliberately lose to hold on to your boy friend, you may find in the long run that his attitudes are unpleasant and he is not worth the trouble. Won't you feel silly then!

If only tennis were played without keeping score. Then you could play point after point without worrying about who wins the match. The problem is that tennis is a one-to-one competitive sport, where either I win and you lose or you win and I lose. The trick in enjoying competition is in not taking the winning or losing to heart. Professional players run into a delicate situation when they develop friendships off the court, then have to play their buddies in a tournament match. Most solve the problem by playing the ball, not a specific opponent. They go all out to win, without thinking who is on the other side of the net.

With few exceptions, that's how you should play tennis—trying hard for every shot, no matter who you are playing. You will get more exercise that way and respect yourself more. Your boy friend may just surprise you by respecting you more, too, when you play well. Instead of putting you down, he may boast to others, "Doesn't she play well! She can beat me!"

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Michigan: Hudson's—Crowley's: *Birmingham, Farmington*—Korvettes—Robert Hall Village—Sears: *Livonia, Roseville, Troy.*
Minnesota: Field-Schlick—Young Quinlan—Powers.
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FUN SPORTS FUN

WILLIAM CONNORS

SPORTS FUN

Get into the action! Our most recent poll shows that 98.5 percent of you participate in at least one sport–and that's enough to call for a whole issue about all the sports you love. Okay, let's play!

OUR TOURNAMENT LOOKS

Here's the official lineup–wardrobe, equipment, beverages, more–for participants in SEVENTEEN's Tennis Tournament of Champions

It's one of the year's most exciting sports happenings! The SEVENTEEN tournament is the first tennis event for girls from every state, with a top prize sponsoring the most promising player for a full year's competition. For full details, see page 130. The wardrobe shown here will be available to all girls everywhere.

▼ **Traveling via American Airlines, contenders will wear easy-care, muss-free separates. Navy blazer, $35; white skirt, $19; of Visa texturized polyester. Checked shirt of Koratron, $16. Koret of California. Red leather T-straps, below, Get There by Famolare. Hair: Armando of Glemby International; makeup by Stan Place. Photographed at the AA ticket center, Waldorf-Astoria Hotel, New York, by Patrice Casanova.**

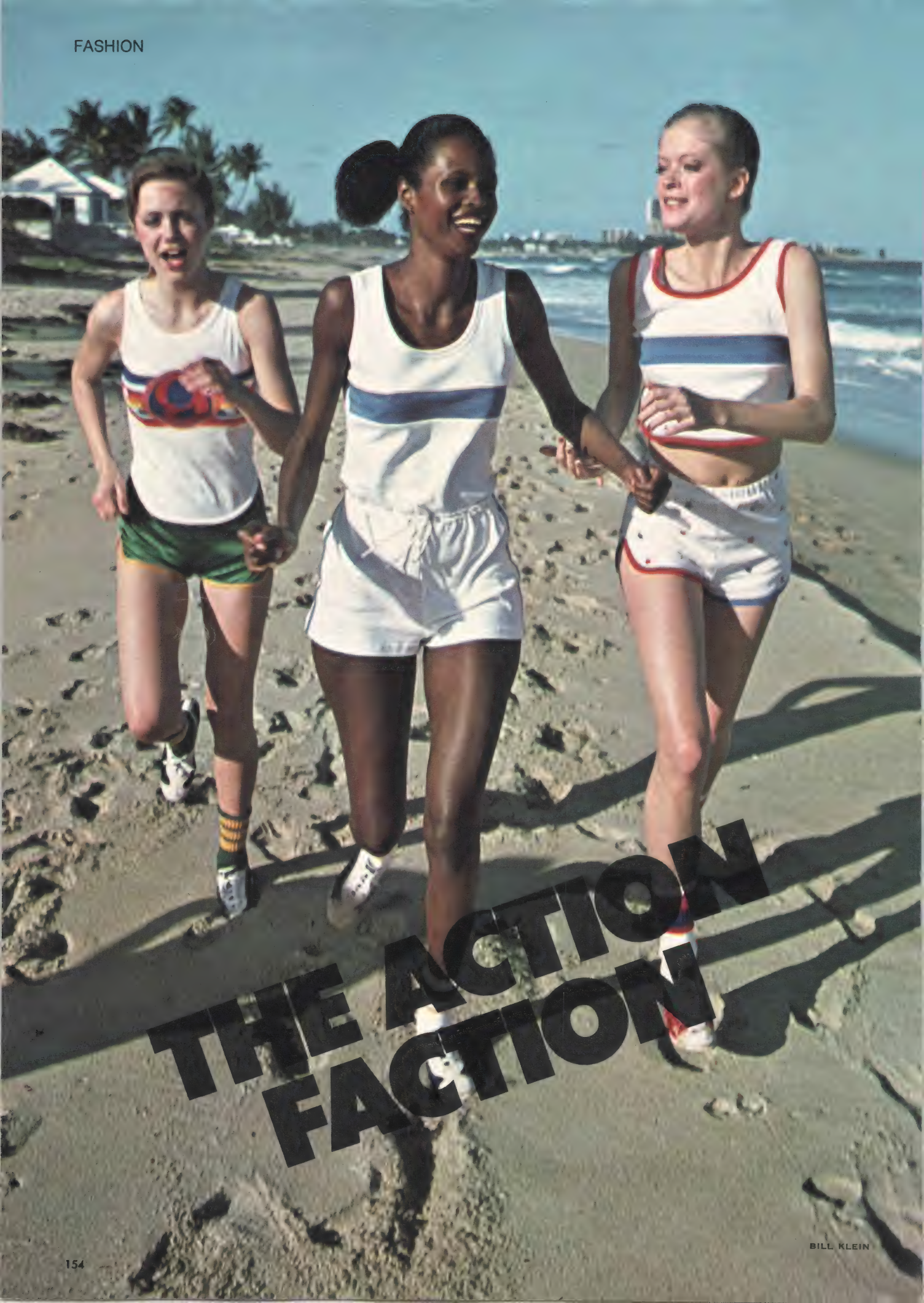
▶ Super warm-up suit, left, in the dazzling white-plus-red to be worn by the players. Zip jacket and pull-on pants of Acrilan By Loomtogs Tennis Whites; $46.

▶ **V-neck tennis dress, center, repeats the striped trim at waist and on ball pocket. Of cotton-backed polyester. This, by Chrissie Evert for Puritan; $27. The Coke's a refreshing idea too! Products of the Coca Cola Company will be the official beverages served exclusively at all tournament functions. The Dodge Colt will be the official car.**

▶ Scoop the opponent, right, in a red and white polyester dress, button-trimmed on top. Ultrasport Ltd. by Ruth Brahms; $32.

▶ **Separates set, foreground: shawl-collar top bloused over action-inset shorts. Of polyester, by Court 1; each $18. All garments, both pages, Wear-Dated by Monsanto. Tennis shoes and pompon sport socks by Uniroyal PRO Keds. Rackets and balls by Dunlop Sports. Hair by Garren DeFazio of Glemby International, makeup by Richard Hartenstein. All semifinalists will be given a specially designed ring from ArtCarved Class Rings. More information and stores, next to last page.**

JACQUES MALIGNON



THE ACTION FACTION

BILL KLEIN

head-turners for '76

Action is the name of the game here and on the next twelve pages! You'll find sports clothes designed not just to look terrific—which they do—but to function via shape and fabric (like cool cottons and high-performance synthetics). Being a good sport is easier when you're dressed for it!

The jogging crew takes to the beach, far left: No. 9 tops a tank with shirttails for easy movement. Of cotton knit, by Danskin; $10. Track shorts of Nyesta nylon, by Ultrasport Ltd.; $15. Front-runner's topper and comfortable drawstring shorts are of cotton knit, by Judith Lowe; each $18. Tiny tank in red, white and blue; of cotton knit. See stars! Track shorts of cotton-backed polyester knit. Both by Ultrasport Ltd.; each $20. Striped sport socks by Le Roi, training shoes by Keds.

Light, airy gymnast's leotard for getting in the swim or standing on your head. Straps crisscross in back. Of nylon/Lycra. By Danskin; $13.50.

Set 'em on wheels in yellow and blue cycling clothes to mix and match. From left: Pull on a short-sleeved cotton knit. By J. G. Hook; $14. Stretch-terry pants are elasticized at ankles so they don't catch as you pedal. Miss Ingenue; $13. Cotton-knit rugby shirt for every-wear; $15. Terry shorts with elasticized waist. Of cotton/polyester; $10. Both, Koret of California. Ruza Creations cap, Weyless Industries gloves. Sears Free Spirit ten-speed bikes. More info, next to last page.

reach for the sky

It's a sunshiny day! Get into shorts—and toss! Frisbee favorites, below: Hooded zip-up, left, in sweat-shirt gray with red; of Bright Acrilan blend, Wear-Dated by Monsanto. Topaz; $32 with sweat pants (not shown). Flag-stripe tank of cotton/polyester. Miss Ingenue; $6. The side-pocket shorts: crisp white cottons by Trafalgar Square; $14. Soft-orange windbreaker with hood. Of cotton/polyester; $19. Peachy cotton T-shirt; $8. Both, Hang Ten. Beige cotton walking shorts are belted, pleated and cuffed. By P. B. Hits; $20.

The kite-flier, right, wears short bib overalls in workman's stripes of blue and white cotton. By Wrangler Sportswear; $9.50. Long-sleeved T-shirt in psychedelic orange cotton. By Trousers Up; $8. Sandals, Habibi by Bella Greece.

PHOTOGRAPHED AT THE BREAKERS, PALM BEACH, FLORIDA

BILL KLEIN

Badminton on the beach? It's a great sun sport!
Top-to-toe yellows, left: Be a bright spot in a high-up halter, $9, and easy-fit pants, $18. Both of polyester/cotton terry. By Red I.
Ombré green, center, colors a bare cotton-knit top with printed ties. By Jump for Charley; $17. It's popped over white denim shorts by Ardee; $14.
On the line, right: a couple of cottons that never have washday blues. Clothes-line embroidery flutters on the knitted T by Chego; $10. Blue denim shorts with stretch-easy elastic waist, by Wrangler Sportswear; $8.50. Riviera sunglasses.
More info, next to last page. Hair for all our action pages by Pascal for Jean Louis David.
Beauty bit; For a deep, rich tan plus lots of protection, try Coppertone Tanning Oil.

Splash flash: bikinis and maillots that make you a winner in the water and out. The backstrokers here swim to the finish in unconstructed numbers that really let you move, and they dry in a jiffy! Left, fuchsia bikini of nylon/Lycra, by Monika for Elon; $22. Right, deep-sea green bikini with adjustable ties. Of nylon/spandex, by Bobbie Brooks; $17.
Beauty bit: Hair that's had it needs Alberto VO5 Hot Oil Treatment, a great way to recover from all that sun and water. A one-minute massage leaves hair manageable, softer and fuller.

Water-resistant to 666 feet, the diver's watch is cased in stainless steel. Caravelle by Bulova.

BILL KLEIN

moving out

The one-piece movers hug your body in a zingy streak of color! Red maillot, left, looks feminine with its drawstring neck, but it's put together for serious swimming. Antron/Lycra, by High Tide; $19. Swank tank suit, right, is totally unconstructed—for totally terrific figures. With unlined bra, convertible straps to cross in back or tie for a halter look. In blue nylon/Lycra, by Jantzen Label 4 Jrs.; $20. Swim goggles and caps are by Speedo.

Racing suits are something else. Look for a super-streamlined cut to prevent "drag" and straps designed to never, but never, let you down. Like these: a royal blue maillot, left, sleek and soft in an almost weightless fabric, with the authentic racer back. Marilyn K. of California; $21. A scooped-out neck, right, bares you in a fuchsia maillot. Zazz for Harbour Casuals; $22. Both, nylon/Lycra. Kleinert's caps. More info, next to last page.

PHOTOGRAPHED AT THE BREAKERS, PALM BEACH, FLORIDA

racing form

beachniks

Okay, who's for volleyball? Check it out here: Getting the jump on things, left, the girl in the zip-up knit jumpsuit. Wear it as is or over a swimsuit. Cotton/polyester. Monika for Elon; $32. Classic cotton combo, center. When the cool breezes blow, head for a long-sleeved striped turtle, $12, and slim zip-front pants, $22. By Trafalgar Square, and perfect on or off the beach. Covering up in clam-diggers, right, you're sporting the newest look in pants! White cotton duck, with cuffs to roll up where you want them, by Strawberry Plant; $29. Lean, long-sleeved shirt in navy cotton knit freshened with a white collar (nice for a suntan). By Chego; $12.

In the shade: a gauzy scarf (Glentex) wrapped over a printed tennis visor (Catherine Stein).

pooling your talents

Dive right in, the water's fine! And if you want to improve your form, try a sleek, super-slim maillot. Spirit of '76, above: Wear the red, white and blue in a dazzling shower of stars! Swimmer's suit in a second-skin knit, with very low keyhole back. By Catalina Jrs.; $20. Eye-catching stripes, center, mitered to meet at just the right angles for good figurework. U neck, low back. Monika for Elon; $30. Suited for champions, below, the star-struck racer chosen for the 1976 U.S. Olympic swim team. It's extra-tight, with a high neckline to prevent "scooping" but minimum fabric at shoulders for increased freedom of movement. Speedo; $24. All suits of nylon and Lycra. Swim caps by Speedo. More information on the next to last page. Beauty bit: How do all the best swimmers keep their eye makeup going? One way: long-lasting Great Shadow by Maybelline—it's creamy but waterproof!

PHOTOGRAPHED AT THE BREAKERS, PALM BEACH, FLORIDA

BILL KLEIN

winning matches

Find great tennis teams here!
Terry zip-ons, near right.
Jumpsuit ($28) and jacket ($26) by Spalding, of cotton/nylon. Racket by Dunlop.
Jacket action, far right.
Hooded zip-front with navy pants (not shown); $47.
Also nice over navy shorts; $15.
All: cotton/nylon terry, by Chrissie Evert for Puritan.

Stripe up the game. Sunny cotton U-neck, below left (Cat Too; $9), and neat-pleat shorts of polyester/cotton (Number 1 Sun; $15). Burlington/Adler socks, PRO Keds sneakers.

Skinny scoop, center, of cotton. Jantzen Label 4 Jrs.; $10. Polyester side-stripe shorts: Court 1; $23. Bonnie Doon socks, Pony sneakers.

Dressy! Shirt/skirt, of Acrilan. Chrissie Evert for Puritan; $27. These and Court 1 shorts: Wear-Dated by Monsanto. Le Roi socks, PRO Keds sneakers. Catherine Stein visors.

BILL KLEIN

PHOTOGRAPHED AT THE BREAKERS, PALM BEACH, FLORIDA

warming up

Play tennis with cold, tight muscles? Not when you do your pre-game thing in a warm-up suit like this one. (Wear it after swimming too.) Zip-up jacket and pull-on pants, streamlined with stripes, of absorbent acrylic/polyester terry; Wear-Dated by Monsanto. Loomtogs Tennis Whites; $46. More information about the clothes on these pages, next to last page.
Beauty bit: For a glow that lasts through tough sports sessions, try Cover Girl CreamShine blusher.

No squinting with Ray Ban gray lens sun specs. Bausch & Lomb.

Seventeen-jewel shock-resister has easy read-out. Caravelle by Bulova.

everyone for tennis!

Red and navy banding, left, rings a swirly dress of cotton knit—the easy-breathing fabric that's an all-time favorite. It's really cool for hot-weather tennis. Spalding; $25. Trimfit socks echo the red, white and blue. Part of the tennis lesson: a Rawlings racket and a pro. Here it's Robby Van Eyck, giving the girls instruction on one of The Breakers' twelve tennis courts.

Must be love, right: What else could a red heart appliqué mean? See it in bloom on an A-liner with navy banding, in wrinkle-shedding polyester/cotton. Billie Jean King for C P S; $18. Madcaps brimmed hat, socks by Le Roi.

Two-piece look, left, adds up to one smooth shape in contrasting fabrics: white cotton knit on top, sunny yellow polyester for the skirt. Wear-Dated by Monsanto. Chrissie Evert for Puritan; $25. Socks by Thom McAn.

Ribbed to fit, right: That's the story of a sweatery tank top on a flared knit dress. The yellow-plus stripes make a nice focal point. All this, in an easy-care blend of acrylic/cotton. By Number 1 Sun; $25. Socks by Le Roi. More info, next to last page.

BILL KLEIN

Super set in sunny yellow: Before or after the game, get into a jacket that's as comfortable as a sweat shirt—and looks like one too. Hooded, with zip front; $24. Underneath, a white T-shirt with yellow trim; $14. Wrap it up with a tie-front skirt. It's an easy fit for girls on the move; $18. All of polyester/cotton, by Judith Lowe. Sport socks by Burlington/Adler, Catherine Stein hat. Head racket.
Beauty bit: Whatever your skin type, use a protective lotion while you're in the sun. Our model depends on Sure Tan lotion, a moisturizing sunscreen by Bonne Bell.

V-neck pleater for easy moving on the court. Polyester; Wear-Dated by Monsanto. Kim Morgen; $20. Dunlop racket.

THE BARE FACTS!

Sportsgirls—play the game in near-skin bras and panties that move with you through all those active workouts

Supporting team: double-knit nylon bra, banded in elastic, with full-cut seamed cups. Gossard, 32-36A, B, C; $5.50. Cotton pants have nonslip bands. Lollipop-Modern Globe, 4-7; $1.75. Finlay charm.

Very stretchable set, far left, has an action-back bra (straps form a Y shape to stay up as they should, so they won't slip out of shirt or tennis dress sleeves!). One size fits 32AA-36C; $4.75. Snug-hugging bikini, dashed with a bit of navy and red trim, fits sizes 4-8; $4. Both by Danskin, of cotton/polyester/spandex.

If you're looking for a little support and loads of stretchability, try the matte nylon duo, near left. The bra's a softy banded around cups and midriff. It has adjustable straps too. One size fits 32-36A, B. Briefing it here, the full panty with a plus: an absorbent cotton-terry-lined bottom active girls find very comfortable. One size fits 4-7. Both, Chicas by Formaid; each $4. Charm on a golden chain by Danecraft.

Beauty bit: Wear fragrance the new way—in your hair. Heaven Sent Perfume Rinse by Helena Rubinstein tackles tangles, adds body and shine.

Super shaping is yours in a molded-cup bra, near right. This one has a front closure, all-stretch straps. Sizes 32-36A, B, C; $6. With it: a sheer brief with neat tummy control panel. Sizes S-M-L; $7.70. Both by Warners, of nylon and Lycra. Girls who need an underwire bra can't go wrong with this sheer beauty, far right. Adjustable straps and a full stretch back make it fitting in every way. Donald Brooks for Maidenform, in nylon and Lycra. Sizes 32-36B, C, D; $7.50. Want tummy taming? This control-panel brief does it! Antron and Lycra, with cotton-lined bottom, by Maidenform. Sizes S-M-L-XL; $6.

Count on cotton knits for fit! Full-coverage bra, at left (sizes 34-36A, B, C), has lacy elasticized straps. Matching hipster with center back seam (S-M-L). Both by Olga; each $5. Danecraft "tennis bum" necklace. Love doubles, right, start with a supportive crisscross bra. Seamed cups and adjustable stretch straps give sure fit. Sizes 32-36; $4. Its partner: a smooth hipster. S-M-L; $2.50. Both in cool leno-weave cotton, by Kayser. Stores and accessories info, next to last page. Hair: Christiaan. Makeup: Richard Hartenstein. Photographed at the New York Health Club.

PATRICE CASANOVA

TOTAL FITNESS

An intelligent, easy approach to sound physical conditioning. Try it. You may even inspire your parents!

If you were warned that poor attention to your health at the age of sixteen could result in problems later in life, the warning probably wouldn't impress you. Why should it? The concept of future health is very remote to a young person in the bloom of life.

But suppose you were also told that the average sixteen-year-old girl is not nearly as strong as she was at eight, relative to her body size? That's another matter. Its consequences are important in terms of your life today, because it is true.

If you were merely *as* strong in your teens as you had been as a child, you'd be a more vibrant dancer and a more successful athlete. You'd feel peppier for hours longer during the day. Studying would come easier. Maybe you wouldn't be any smarter, but you'd have the reserve of energy to stay with a problem until you had solved it rather than giving up in despair. And during social hours, you'd be, comparatively speaking, the life of the party.

Are women weaklings?

Reflect for a moment. At the age of eight, you could do anything boys could do and probably do it better. By sixteen, however, you're generally no longer a match for boys—even boys your size. How and why does this happen? Many people believe it's because women are inherently weaklings. That's nonsense—nothing but a myth. There's no such thing as a "feminine" muscle. Girls' muscles are as trainable as boys'. One of the reasons they aren't as strong is that they don't get used.

If you train to be a singer, your voice becomes more powerful. If you practice the piano, your fingers become more supple. If you use neither your voice nor your fingers, not only do they not develop, they actually lose strength and/or suppleness.

"Use makes the organ" applies to your entire body. When it's used, it gains strength, suppleness and endurance. When it's not used, it stiffens, weakens and deteriorates. If you were to lie in bed for thirty days, doing absolutely nothing, you'd be about 20 percent as fit at the end of the period as you were at the beginning. Even three days of lazing around can be costly; you become 5 percent less fit in that period.

Now, almost no one does absolutely nothing for thirty days, and not many of us laze around for three days. But the problem of physical deterioration is a common one for teen-age girls, nonetheless. Almost every study ever undertaken shows that they are considerably less fit at sixteen than they were at fourteen: less strong, less supple, with less staying power. Whereas boys increase their athletic skills and physical capacity throughout adolescence, girls decline in both areas after thirteen or fourteen.

Those bad traditions

The reason for this is rooted in tradition. Ancient legends held that to be a regal beauty, a woman had to be sedentary. Aphrodite, the ancient Greek goddess of love and beauty, was carried everywhere she went so that she wouldn't have to put weight on her feet. It was thought that the pressure would distort the beauty of her foot. The first shoes worn by women were not to assist them in walking. They were adornments—with ribbons or lacings, and bells tied to them.

Historically, the glamorous face has been an image of weakness and illness. In the time of Cleopatra, circles under the eyes, a physiological sign of fatigue, were enhanced by eye shadow. Through the centuries, powder was applied to the face to accentuate paleness. It was once considered stylish for females to have "the vapors," a feeling of ill-being that excused them from most responsibilities. Any show of emotion in a gathering provoked a traditional response from women; they would suddenly feel faint and ask to be excused.

The turning point

When a young girl begins to menstruate, it's a turning point in her life. Endocrine changes flood her with romantic impulses. Running around, climbing, sliding and getting dirty are suddenly perceived as childish endeavors to be eliminated from life.

By the time a girl reaches junior high school, she is already investing a considerable amount of time in her appearance. She spends part of the night grooming her hair, and perhaps an hour in the morning

Laurence E. Morehouse is founding director of the Human Performance Laboratory, UCLA. Leonard Gross is a free-lance writer. They are the authors of "Total Fitness in 30 Minutes a Week," a national best-seller for many months.

FOR TEENS

by Laurence E. Morehouse, Ph.D., and Leonard Gross

combing out her hair, cleansing and making up her face. The last thing she wants to do is perspire in the middle of the day. Moreover, there is a widely held belief among young girls that if they are athletic they will become masculine, adorned with big, bunchy muscles. Women may seek equality in sports, but they don't want bunchy muscles.

Girls who train to be world class swimmers usually terminate their careers between the ages of fourteen and sixteen. They could develop further if they wished, but most of them choose not to. The social pressure to have boy-girl relationships is so profound that few girls continue training beyond sixteen. They feel it's time now for other things.

For the average girl as well as the champion, the consequence of reduced activity is physical degradation—to a degree that deprives them of the very vitality that most young men find attractive. Some young men may still respond to the traditional image of the frail and languorous woman, but very few young men will retain their interest in a girl who poops out on the ski trail or dance floor or is tired and cranky the morning after a party.

Enriching your life

It should be obvious, then, that while the subject of future health may be one that doesn't particularly concern you, fitness is an understandable goal with consequences that immediately enrich life.

The good news is that fitness is one goal that is almost immediately achievable.

Let's assume that like most teen-age girls, you're concerned with three expressions of fitness: your carriage, your weight and your level of energy. Of the three, carriage, or posture, is the simplest to maintain. The greatest problem you'll need to overcome is the perennial matter of student slouch, a round-shouldered posture with the head and pelvis thrust forward. If you affect that stance at a twenties-period party for an evening, there's no harm done. But if you become addicted to it, it will become your fixed posture.

Good posture is easy. You need only concentrate on two points, your breastbone and your pelvis, the large hip bones you feel just below your waist. Raise your breastbone ever so slightly and your head will sit in its proper *(continued on page 200)*

PHYSICAL FITNESS MYTHS

Women who exercise develop unflattering muscles. When you see a woman track and field competitor with a somewhat masculine build, you might suspect that she got it by training for athletic competition. The fact is that a woman with such a build has more androgens (male sex hormones) in her makeup than the average woman and would look more masculine than most women, with or without training.

Women who exercise don't get the bunchy muscles men do because the layer of subcutaneous fat that keeps a smooth contour is thicker in women. Even if they try to develop big muscles, they can't.

Women who train become *more* feminine. They develop firm muscles but not bigger muscles. The bustline is enhanced, hips and thighs reduced.

Baby fat disappears with growth. If you haven't gotten rid of your "baby fat" by the beginning of your teens, it's not simply going to disappear just because of the endocrine or metabolic changes that accompany the onset of menstruation.

When a girl reaches the age at which she diminishes her physical activity, she can no longer eat sweets with impunity. For every gram of sugar you absorb, you store 2.7 grams of water. And because starches—French fries, spaghetti, doughnuts—turn to sugar in the body, the body "stacks" water at the same ratio when you consume such carbohydrates. You can't solve your weight problem by getting rid of the water. Weight loss from water loss is a temporary condition. The best way to lose—and control—weight is through a program that combines exercise with *good nutrition*.

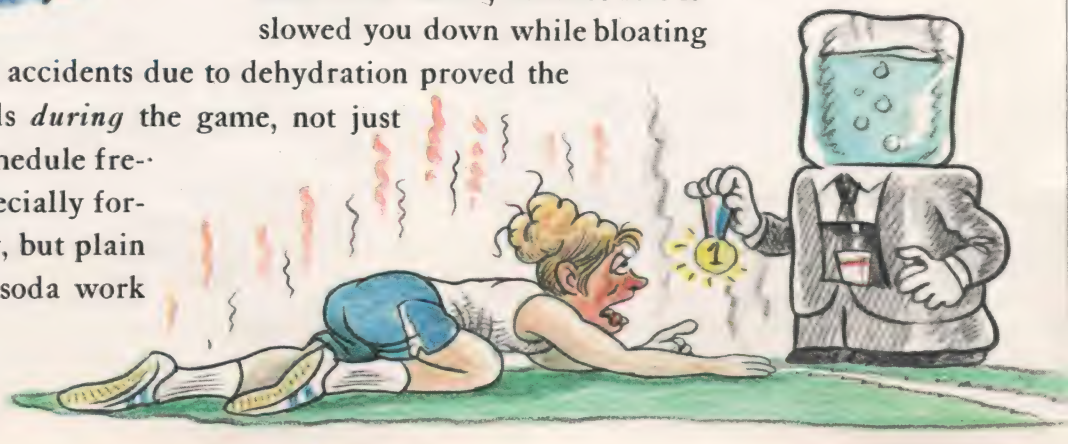
Exercise should be prolonged or difficult. Many people hate to exercise, because as exercise is usually taught, it is boring and is sometimes employed as a disciplinary device. The consequences are devastating. For proof, you need only look at your parents. If they're anything like the national average, they're underexercised, overweight and out of shape. The key to fitness is to define an objective that's both comfortable and feasible.

Breakfast of Champions?

Champions aren't born, they're made. But you don't have to know the difference between a volley and a rally to look and feel like an athlete. You can achieve the terrific body and boundless energy of your idol with the unbeatable combination of diet and exercise. Help yourself to the facts—and get updated on some popular myths which experts now debunk

To get over the top in any kind of sports activity, you have to rely on the tried-and-true teamwork of nutrients—all the vitamins, minerals, proteins, carbohydrates and fats that make up a balanced diet. Like basketball players, each has a special function, something indispensable to contribute to the whole effort. Even the little guys are important, not just the big famous ones that get all the publicity. What happens if one or two are missing? Your score begins to sag.

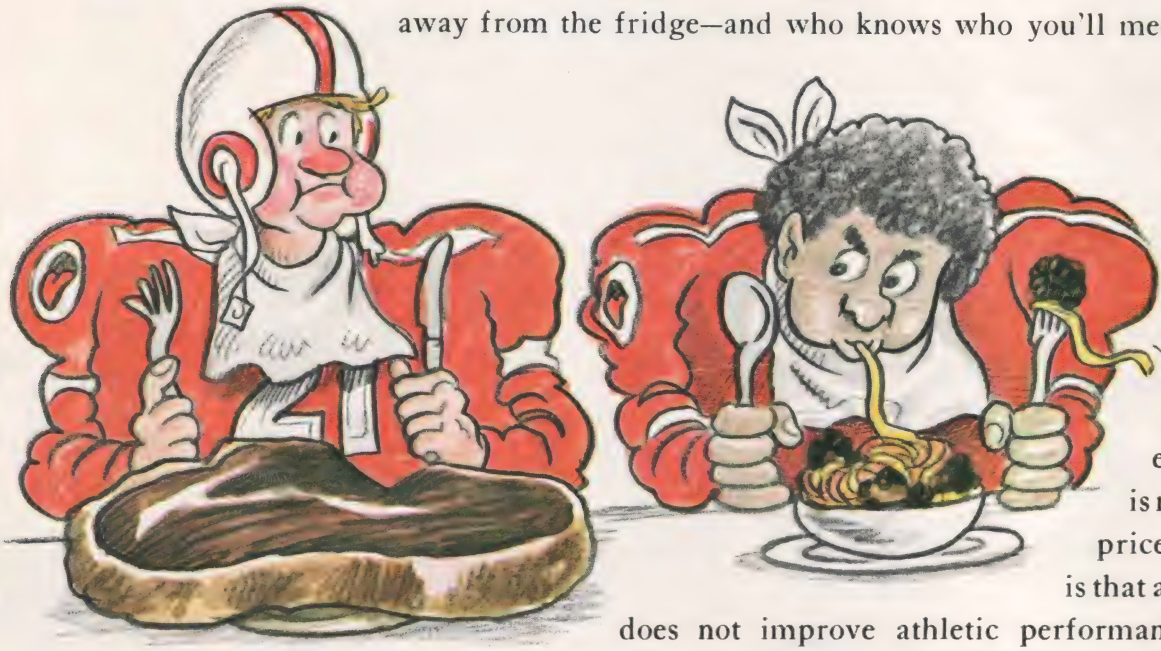
Even water is essential to keep an athlete going strong, because any strenuous activity—from hot-weather tennis to cross-country skiing—causes great water loss. Drinking liquids before or during play used to be taboo; coaches felt it slowed you down while bloating you up. Some serious accidents due to dehydration proved the need to replace fluids *during* the game, not just after; now coaches schedule frequent water stops. Specially fortified drinks are okay, but plain water, tea, juices or soda work just as well.



Exercise is like money in the bank, especially if you're weight-conscious. Just think of every hour you spend on vigorous activity as building up credit in your account—to balance the extra snack you want to eat later. The more you move, the more you can eat and still stay in shape.

If your idea of an active sport is switching channels on TV, be honest about your energy output. Here are some eye-opening calorie expenditures: playing a set of tennis singles, 500 per hour; watching your boy friend play, 100. Swimming laps, 700 per hour; floating on a raft, 66. Get the drift?

Exercise does not increase appetite. One reader says jogging actually curbs hers. Besides, time spent working out is time away from the fridge—and who knows who you'll meet along the way?



Heard of the steak therapy? The traditional steak dinner or pre-game breakfast to turn players into dynamos is nothing but a high-priced myth. The truth is that an excess of protein does not improve athletic performance. It's carbohydrates that are the real heroes—the best source of quick energy for most sports. Informed coaches are now downplaying steak and relying more on spaghetti, potatoes and pancakes for their training tables.

When you eat before a game is very important. Best time for a full meal is three to four hours ahead. Morning exercise? Eat one to two hours ahead. Choose light but nourishing food that won't feel like lead in your stomach. Exception: Slow-digesting, fatty foods have their place in some endurance sports when cold is a factor, as in cross-country skiing or marathon swimming.

Are there any dietary shortcuts to dazzling sports performance? Will a tasty mix of beef liver and wheat germ send you flying over the balance beam like Olga Korbut? No way. Not a potion or a pill or any so-called miracle food can increase your skill or speed. Even megadoses of vitamins won't help and can actually be harmful. Once your basic nutritional needs are well met, there's plenty of room for individual preferences. Get the word from up-and-coming young athletes, who tell what works for them; recipes, page 222.

RICK MEYEROWITZ

HEAD INTO SPORTS

Model Jane Gill's hair had good body but needed taming (1). "A basic one-length cut that creates a layer-on-layer wedge effect is right for her hair type," says Martin. After shampooing, Jane uses a wide-tooth comb to avoid breaking hair (2). In the photo at right, Martin snips the first layer. Hair is unclipped and cut layer by layer. As it's blown dry, round brushes act as rollers (3). The effect: hair that falls in place no matter how you swing it!

swinging

WILLIAM CONNORS

Here are two hairdos for sports-girls who want hair they can wash, blow-dry and forget about. Sound like you? Stylist Martin Downey of Charles of the Ritz, a Glemby salon, created these looks. Read on!

1

2

3

4

"If you're active, wear your hair away from your face," says Martin. "Otherwise, perspiration will make it limp and dirty. And dirty hair can cause blemishes." Model Ann Paulson's hair was short, with heavy bangs (1). Martin suggested a closer-to-the-head style, no bangs. After a shampoo and scalp massage (2), he began tapering hair from the back (3). A brush and blower "set" the wave (4).

brush-back

Ann's new look: a full, side-parted crown that falls easily into a wave and a neat, tapered back. When wave-styling, hold a round brush at an angle (photo 4), blow-dry, then brush back as shown above for added fullness. Makeup, these pages: Stan Place.

SPORTS SURVIVAL GUIDE

No doubt about it–giving your all to sports like tennis, swimming, biking or you-name-it does beautiful, healthy things for your body. But as the benefits keep building, so do problems like perspiration, dry and callused skin, limp hair and makeup that practically rolls off your face. The way to cope: Get ahead of the game with a new great-looks plan that starts here

Whether the action is cycling, gymnastics or skateboarding round the park, your body produces plenty of perspiration. It's nature's air-conditioning, cooling you as it evaporates and restoring your body temperature to normal. Perspiration combined with bacteria causes odor. For best protection use a no-nonsense antiperspirant deodorant like Bonne Bell's Good Nature. Freshen your face after exercise with premoistened towelettes (helps when you're rushed between gym and the next class). Hands hurt from calluses? Soak in soapy water, rub gently with pumice, smooth on hand cream. Hot and tired feet also need some pampering. Try Foot Refresher Spray by Scholl for instant cooling. Then treat feet (legs too) to a well-deserved rest: Lie on floor; elevate legs for fifteen minutes.

put beauty in motion

"Before any sport, loosen up tight muscles with warm-ups," advises gymnastics instructor Alex Jaskewicz of Alex and Walter's Physical Fitness studios, New York and Beverly Hills. Try:

- Jumping rope. A five-to-ten-minute session develops stamina, improves muscle tone and circulation. Bobby Hinds Lifeline rope, right.
- Hopscotch: Grab a friend; hop to it!
- Five-minute mini-exercises. Head rotations, arm swings, deep knee bends and sit-ups work well. Fashion info: next to last page.

WILLIAM CONNORS

You don't have to do ten laps or more to reap the rewards that swimming brings. Just hitting the water on a regular basis is an invigorating, muscle-toning experience. In fact, a one-hour workout burns up approximately 700 to 900 calories (a dieter's dream!). So why do so many girls cringe at the mention of swim class? Wet hair and red, smarting eyes rimmed with runny makeup are two reasons. What to do? Follow the tips here and stock your locker with the basic necessities for keeping your looks under control. You might even sew a stash bag to hold everything!

beautymakers

• Chlorine and salt water can be very drying for hair. Try wearing a swim cap, especially if your hair is long. If you go capless, be sure to rinse hair thoroughly, and if possible, shampoo. One that's perfect for showers: bar-form Solid Soap shampoo by Neutrogena with protein conditioners.

• Never brush wet hair—you'll wind up with split ends, broken hair shafts. Use a wide-tooth comb instead. If your hair is super-tangly, try a spray-on cream rinse like Johnson's No More Tangles. It removes snarls, leaves hair shining.

• Comfort red, tired eyes. Clear Eyes drops by Abbott Laboratories does the job quickly.

• Runny mascara isn't a problem when you use the waterproof kind. Our girl, above right, has the idea. She's wearing waterproof mascara by Helena Rubinstein. Apply to both upper and lower lashes, let dry; separate lashes with brush.

• Let the you on view be free from fuzzy legs and underarms. The disposable Daisy shaver gives weeks of close shaves. It's feather-light, comfortable to hold and has a safety cap for easy storage. By Gillette.

• Fake a tan now and all year round (right). Bonne Bell Bronze Glo gel has a subtle shimmer.

be a good water sport

More beautymakers to stock your locker with:

- Constant exposure to water (even if you're just splashing around, like our basketball players above) strips skin of protective oils. The result? Skin gets tight and flaky. Use a moisturizing soap like Tone from Armour-Dial. It's rich in two natural lubricants: cocoa butter and coconut oil.
- Give lips total coverage in and out of water like the girls below. Lipkote stick by Coppertone protects against water, sun and wind.
- There's nothing like a little fragrance to make you feel prettier! Have a light, breezy scent and soften skin with Cachet Moisturizing Hand & Body Lotion by Prince Matchabelli. All fashion info, these pages: next to last page. Makeup by Mark Nahmias. Hair, these and preceding pages, Martin Downey for Charles of the Ritz, a Glemby salon. Photographed at the New York Health Club by William Connors.

After swimming (and other sports) treat yourself to a dry-heat sauna bath, above. (Imagine—192°F. is the average temperature.) It relaxes hard-worked muscles and helps the skin perspire away impurities. The New York Health Club recommends a ten-minute sauna once a week, followed by a warm, then a cool, shower. This helps close the pores and bring the body temperature back to its normal level. Be sure to drink lots of fluids (orange juice is nice and refreshing) before and after. To find a sauna, check out the Y or a health club where you live.

PITFALLS OF BEING A PERFECT DATE

He asked you out because you're *you*. Stay that way and relax

BY JANICE KAPLAN

I went out on my first date when I was in seventh grade. It was perfect—perfectly miserable, that is. I spent the day before it in pink sponge curlers, worrying about what I'd say to him. All evening I kept trying to remember all those rules from the etiquette books. I smiled so much my face hurt later.

Back then I worked hard at being the perfect date. I learned all the rules. Boy pursues girl. Boy opens doors for girl. Boy pays. Girl smiles and smiles, giggles over milk shakes and says, "Thank-you-for-the-lovely-evening-let's-do-it-again." But it no longer works to follow those rules slavishly. One guy I know commented recently that he can't stand girls who giggle. And for heaven's sake, why do girls thank him all the time? He wants his date to be an equal,

not a sweet little charmer hanging on his arm and admiring his muscles. He prefers girls who can talk honestly and seriously about things besides the weather. But those girls are hard to find, he says. Probably because dating styles die hard.

I think it's time to forget the old codes. You should—and you can—make your own decisions. No one can tell you exactly what's right and wrong anyway. The best guideline: Do what seems natural to you. Once when I was in high school, the boy next door waved to me as he ran into his own yard. I ran after him—thereby disgracing both myself and my family, they told me. But if you feel like running, I think the best idea is—run! There are just too many pitfalls involved in trying to be perfect.

It's time to forget the old rules. Dating is a way to get to know a guy and let him get to know you. The best guideline: Do what seems natural to you. You'll both feel better

Pitfall No. 1: Changing your whole personality for each date

The first time Paul tried to hold my hand, he ended up holding my fake fingernails instead. Neither of us was very pleased. That's when I realized it doesn't make sense to try to change yourself to attract a date.

Dating is a way of getting to know someone and having him get to know you. Let's say you accept a date to go to a dance with a guy who seems very sophisticated. You put on a slinky dress and impose a cool veneer over your cheerleader bounce. You may get along for the evening, but are you getting to know each other? Hardly.

Anyone wants to look nice for a date, but why overdo it with lots of makeup and clothes that make you uncomfortable? You don't need to try to figure out what someone else wants. Satisfy yourself, and you and your date are both more likely to be pleased than if you're phony (which is always obvious) or fawning (which is eventually annoying).

Being yourself doesn't turn people off. Fakery does. I know a girl who flatters guys a lot. She's always smiling or laughing; yet men never seem to take her out more than once. They complain that she tries too hard.

Pitfall No. 2: Agreeing with everything he says

You don't have to be prepared for a sparring match on a date. But you don't have to be overly accommodating, either. Maybe I'm basically pugilistic, but I get irked by girls who try to be agreeable all the time. I don't believe in the "good listener" code. You know how to carry on a normal conversation, right? But do you resort to asking opening questions when you're on a date ("What kind of music do you like?") and never disagreeing with an answer? Everyone appreciates a willing listener, but that doesn't mean you have to be a Raggedy Ann type who just sits and nods pleasantly.

Any time you put on an act, whether it's the helpless female type or the tough woman, you lose a part of your real self. I don't think anything is worth that. At a party I overheard a guy make some slighting remarks about women basketball players. I got angry and began spouting my favorite facts about the abilities of women athletes. We wound up going to a men's basketball game the next night and the following week saw some women play. Neither of us ever conceded our point of view, but at least it made for exciting discussion.

Pitfall No. 3: Flirting with every man as if he were a potential date

Did you ever notice that you're livelier and more interesting with your male chum from next door than when you talk to the handsome newcomer you've been admiring? That's because you're not trying to be special with your friend—and when you're relaxed, you're usually more talkative and more fun. Guys are often turned off by girls who are blatantly flirtatious; but it's hard *not* to be flirtatious if you're looking at every man as a potential date.

My best friend at college is a guy. We often go to a movie or party together, and we confide in each other about our various romances. It's natural to like different people in different ways. Male friends can give you new perspectives and even advice. You can do the same for them.

A recent advice column published a letter from a fifteen-year-old girl asking if it "counted" as a date when she had a barbecue in the backyard with her football-player neighbor. I've learned to stop counting. All your relationships don't have to involve romance. Some friendships will lead to it; some won't. Both kinds are valuable. And both kinds can make a barbecue interesting. So tell your mother you're not going to marry every guy you date, and remind yourself that most guys you meet will just be friends. It's easier to relax.

Pitfall No. 4: Depending on him to pay—and "paying" later

I recently went to a movie with Phil. When we got to the box office, he said, "Will you be insulted if I buy your ticket or if I don't?" I took out my wallet. I was glad he asked.

I like to feel independent on a date; but it's hard to feel independent when the cash register in your head tells you you're *(continued on page 202)*

HILARY COSELL TELLS

What celebrities'

"Living with someone else's success is not an easy thing to do"

KEN REGAN — CAMERA 5

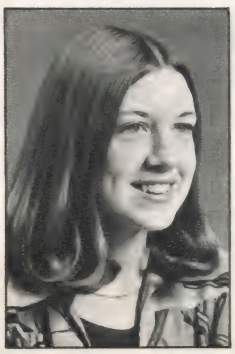
Maria Shriver: "People ask me about my family, but I won't talk to strangers about them"

Bader Howar: "Being the daughter of a famous person doesn't seem special to me"

My communications professor was proudly introducing a local TV newsman to the class. In just one hour this sloppily dressed, bearded anchorman planned to tell us what broadcast news is all about.

"I'm a firm believer in telling the news straight, with complete objectivity," he began. I yawned. All reporters say that. "I don't believe in any of that Howard Cosell 'social responsibility' journalism. It's just a cheap trick to make him look good."

I froze. I blushed. I felt sick with humiliation. Classmates shot me furtive, sympathetic glances or else smirked nastily.



Hilary Cosell, twenty-four, is a graduate of New York University and recently joined the staff of SEVENTEEN. She lives in New York City

Howard Cosell is my father, and the incident above is true. It's one of many that have occurred regularly in my life since 1970, the year my father began broadcasting *N.F.L. Monday Night Football.*

To have a famous father or mother is stimulating and exciting. But it can also be painful and confusing. As Howard Cosell's child, I am constantly identified with him. Yet we are two separate individuals, each with our own life and distinct personality.

I started wondering how other celebrities' kids felt. How do they handle the publicity and curiosity, how do they react when compared to a famous parent, and how do they learn to be themselves in spite of it?

Maria Shriver, Chip Cronkite, Vicki Gifford, Bader Howar and I have our own special feelings about our experiences. But we all have love, pride, anger and frustration in common. Living with someone else's success is not an easy thing to do.

Maria, the twenty-year-old daughter of Eunice Kennedy and aspiring Democratic presidential candidate Sargent Shriver, is a member of the most admired, envied and despised family in America. I met her at Clyde's, a popular omelet restaurant near Georgetown University, in Washington, D.C., where Maria is a junior majoring in American studies. She's a stunning girl, with long dark brown hair, olive skin and clear blue eyes. Her coloring is Shriver; her face is pure Kennedy.

"I try not to think about being a Shriver and a Kennedy," she said. "I'd get bogged down that way. The more you think about something like that, the more you run into problems.

"I really think you're only as different from others as you make yourself out to be. When I walk down the street with my parents, I feel different, especially when someone recognizes them. Sometimes I'm embarrassed by it. But I try to live my own life and not feel the difference."

"That's easy to say, but how do you manage it?" I asked.

"I like to do things myself so I can

kids have to put up with

MICHAEL J. B. KELLY

Chip Cronkite: "I think I'm watched all the time because of what my father stands for"

Vicki Gifford: "My father's safety is constantly on my mind. I get nervous looking at him"

take credit for them and be able to talk about things intelligently. I worked on an Indian reservation, I helped run a day-care center in Tunisia and last summer I worked on the set of the TV show *Phyllis*.

"It annoys me when people say I just got those jobs because of my father. Maybe he helped, but there was no reason why I had to go live in Africa. I could have said no and been more comfortable."

Pressures come at Maria from all sides. People are curious not only about her father but about her aunt Jackie Onassis, cousins Caroline and John, uncle Ted, and the late president John F. Kennedy and senator Robert Kennedy as well.

"People ask me questions about my family all the time. I'll talk to friends about them; I often ask friends how the family looks to the rest of the world. But I won't talk to strangers about them."

"Do you mistrust people?" I inquired. "Do you worry that people are friendly because of your family rather than because of you?"

"No, not really. I can tell when someone's trying to be friendly for the wrong reasons. They always start asking me questions about them five minutes after we've met. It's probably hardest with guys I meet. They're the ones at parties who talk about my being Sargent Shriver's daughter. It bothers me, and I don't know what to do about it.

"The worst part is that many people are scared to talk to me. They think I'm a snob. They expect me to be different and think they have to act differently around me."

"*Aren't* you different, Maria?"

"Well, sometimes being part of the Kennedy family is weird. I feel like I have to live up to something and be productive. There's intense competition in my family to be successful."

"How do you define successful?" I asked.

"Oh, picking a field, whatever it is, and being the best in it," she replied calmly, as if there couldn't be any other definition of the term. "But," she added, "I do want to get away from the pressure of it sometimes."

"Do you ever lie to people about your identity? Do you ever feel sorry for yourself?" I asked.

"Yes, I lie about it sometimes. Mostly at parties. Or else I just avoid telling people my last name. But no, I don't feel sorry for myself. If I ever complain, my mother tells me to grin and bear it or to get tougher. My parents have never given me a chance to feel sorry for myself."

"Are you very close to your father?" I asked her.

"Yes, we're all family-oriented and very close. My father and I talk a lot, or as much as we can, now that he's busy campaigning."

"Do you really want him to run for president?"

"I do and I don't," she replied quietly. "I do because I think he'll make a great one. He'll work hard. But I don't because I'll lose virtually all my privacy. The problems we've been talking about become magnified one hundred times."

"Maria *(continued on page 207)*

Match Up the Mixers

Try the pantset with the T-shirt and fiery red knee-highs (roll up pant legs as shown). Then top the look with a brimmer (The Accessories Place), add a bold bangle (Red Cobra).

A Wardrobe

of sporty mixables is yours for the sewing (more on the next two pages). The secret's in colors that click, snappy accessorizing. First, catch the topstitching on a denim pantset—dynamite! Claval wedgies. Checkered smock dress, next, teams with a radish-print apron. Nina shoes. The same apron does the jumper bit too, in a tomato print. Its T-shirt? Another neat sew-up. Ruza scarves. Pattern and fabric details for these mixables, opposite page.

SHERMAN WEISBURD

Have your smock dress two more fabulous ways. The schoolgirl look, left, gets going with a long-sleeved blouse worn under the dress. Choose a blouse with a lacy Peter Pan collar and cuffs like the one our model wears. A straw hat adds extra charm, even if you just carry it! This, a natural, by I. J. Herman. Be country casual, right, in patriotic hues. Belt your dress in natural jute (Garay), tie a soft cotton scarf (Ruza) and slip on a pair of blue straw-covered bangles (these, Tango by Alexis Kirk).

Make-It Details

Dynamite pantset to topstitch or embroider with your own designs. Simplicity pattern 7326, in brushed cotton denim by Earl-Glo; $4.50 a yard.
Gingham-check smock dress with elasticized wrists. Of polyester/cotton by WestPoint Pepperell; $1.45 a yard. Simplicity 7418.
Print aprons (same pattern as dress), both of cotton by V.I.P.; $2.70 a yard.
T-shirt of red cotton knit. By Fairtex; $3.50 a yard. Simplicity 7290, with a Spirit of '76 embroidery transfer. More info: next to last page.

A new teammate for the T and tomato-print apron: pants from—you guessed it—the denim pantset! A Glentex scarf, a blue bangle by Eva Graham and Claval espadrilles are the extras.

Blue and White

. . . and a flash of red . . . shapes see-worthy mixers. Take to ticking stripes, near right. Midriff tie-up and straight-leggers are big on pockets. Both, Simplicity pattern 7333 (it includes shorts too—see facing page). Of cotton duck by Ameritex; $2.20 a yard. The Accessories Place hat, Glentex scarf, Ruza belt, Claval shoes. Get the jump in gingham checks. Apron look ties at the side. Simplicity 7372, done in Fortrel/cotton by Dan River; $1.40 a yard. Ruza scarf, Nina shoes. Flip back a page for T-shirt details. By land or sea, the middy top (Simplicity 7439) and wide-stride pants (Simplicity 7056) are super! Of Dacron/cotton broadcloth by Wesco-Reltex; $2.50 a yard. Tie of polyester/cotton by Springs Mills; $1.40 a yard. Trim: C. M. Offray. Lidz buttons. Betmar beret, Tango by Alexis Kirk bangle, Claval shoes. More make-it info, next to last page.

Change the tie on your middy top and wear it with the striped pants. We used a twenty-seven-inch-square scarf by Glentex that's folded, slipped under the collar and tied in a square knot. Experiment with oblongs too.

More mixing ideas, at right, make the wardrobe you sew the one you'll wear all spring and summer! Keeping cool is a breeze when you get into shorts. The ticking stripers here are part of the midriff top/pants pattern. We've teamed them with the basic T; it's long enough to go over everything with ease. Good extras: a denim hat with brim turned back (Betmar), a scarf made from leftover jumper fabric, and a navy webbed belt by Ruza. Hook on a pair of sunglasses as our model does (these, by Renauld), and you're on your way!

Love that jumper! It's the perfect match-up for your middy top, with a bright red straw brimmer (I. J. Herman). This is the kind of outfit you'll practically live in because it goes to school and on dates looking really fresh and pretty. Be set for the good times when you sport around in threes. Start with a skinny bandeau tube top in red, tie on your midriff top and slip into the white sailor pants. Pulling the look together with style: a red and white hat by Betmar, a trio of straw-covered bangles (Tango by Alexis Kirk) and Riviera sunglasses.

Beauty bit: Want smooth, lustrous hair? Try new oil-free Clean Rinse by Breck after every shampoo. The clear formula takes care of tangles without leaving your hair feeling sticky. And it comes in three zingy fragrances.

SHERMAN WEISBURD

wanting, fearing, avoiding, getting SUCCESS

by Myron Brenton

After completing her sociology term paper and doing a superior job, Cathy is ready to turn it in. Two days before it's due, she loses it.

Stella, an excellent student, is about to graduate from high school. Though she has planned to apply to Princeton, Radcliffe and Yale and eventually go to law school, she suddenly changes her mind. She talks about going to a state college and becoming a social worker.

Karen, a clever eleventh grader, is elected to the student council. She enjoys politics. A cute boy she likes is also a council member. But at meetings Karen simply sits there, mute as an Easter bunny.

What do Cathy, Stella and Karen have in common? All three are contriving to stop themselves from accomplishing their goals, from enjoying the success that could be theirs.

Success: What an elusive term to define! And often it has different meanings at different stages of a person's life. At fourteen, recalls Amy Rabinowitz, a senior at Columbia Prep in New York City, success meant being popular, being liked by everybody. Now, at seventeen, Amy says her measure of success has changed to "getting into a good college, doing as well as I can there, being relatively happy outside of school, being able to deal with school and friends, sort of balancing things out." Ellyn Plato, a senior at New York City's Franklin School, remembers wanting a few years ago to be an actress or an artist. "I wanted to be famous, not just to live my life without anyone knowing about it. Now that's not important. I consider myself successful if I'm able to master something I want to master, like playing the guitar."

Not everybody can have, wants or needs success in the strict achievement sense of the word. Many of the most "successful" people in the world don't actually do anything special: They simply enjoy their jobs, their families, their friends, life in general. (Obviously, that's not "simple" at all.) And for some people success is intimately bound up with their spiritual lives. Says Amy Brown, who is fifteen and goes to El Camino High School, in Woodland Hills, California, "With a new interest in religion and a conviction that some God exists, all 'successes' in school and at home become manifestations of my love for Him." It's a widespread feeling among her crowd, she says.

Whether your measure of success is sharply defined—say, becoming a lawyer—or more diffuse—say, becoming a good wife and mother—it requires the fulfillment of certain goals. Yet an increasing amount of social science research shows that many capable people who could be achieving their goals either are unwittingly doing things to prevent their being as successful as they could be or become very anxious about their success. What's more, girls and women are especially vulnerable to this pattern of wanting, then avoiding or not fully enjoying success. It was no accident, for instance, that Cathy "lost" her excellent term paper on the eve of its submission; she was sabotaging her success.

Success-avoidance in girls shows up clearly in schoolwork and careers. For instance, people generally believe that girls do better than boys in school. But a nationwide education study recently revealed that by the time they're thirteen girls fall behind boys in subjects like math, science and social studies. As for careers, in many fields women are amazingly underrepresented still, due primarily to discriminatory policies; only about one percent of the engineers, 3 percent of the lawyers and 7 percent of the doctors in this country are female.

What's lurking behind these patterns? Why aren't more young women who are capable living up to their promise and enjoying it?

Some social scientists see the answer in the differing values that boys and girls are brought up to ac-

quire. At the heart of the problem are the ways in which society arbitrarily defines what's masculine and what's feminine.

Even in these so-called liberated times, many parents are still used to a world in which the two sexes are rigidly defined, with males the success-oriented go-getters, females the more passive homebodies. Such parents are apt to encourage young sons to be rough and boisterous, while expecting daughters to be sweet and docile. Later, they may believe that a good college education is much more important for the boys than for the girls in the family. Or they may envision college for a daughter mainly as a means to one end: increasing a girl's ability to find a more desirable husband. Mothers and fathers who feel this way, convinced their viewpoint is best for their daughter's welfare, may also urge modesty as a girl's best policy: "Don't appear to be too smart, don't talk too much; otherwise you won't be popular."

But even when a girl's parents don't make distinctions between female and male, she still faces pressure on the outside. Schools often reinforce the kind of spirit that makes it hard for a girl to be comfortable with success. Many children's readers and textbooks, for instance, still show boys as active and competitive, girls as more passive and fearful, needing to go to males for help. Many teachers expect girls to be more orderly and obedient than boys and reward girls more for being well-behaved than for showing initiative. Studies indicate that by the time they're in junior high, many girls have stopped feeling easy about vying with boys for grades and honors, something they didn't hesitate to do in grade school. Competing no longer fits their image of a feminine girl.

Then there's the pressure that boys exert. True, some high school and college boys are stimulated by bright, sharp, talented girls. But for others, possibly the majority, such girls are obviously still a turn-off. As one college freshman candidly put it, "I want a girl to be intelligent enough to appreciate *my* intelligence—period."

Boys who think that way don't hesitate to put achieving girls down by calling them "straight" or "brains," by laughing at the questions they ask in class, by sneering at their career ambitions when those ambitions fall into areas of work usually identified with males. A recent National Science Foundation survey of teen-age boys shows that only 27 percent approved of a woman being state governor.

There's pressure from other girls too. Of course, some respect the girl student who's ambitious, who competes handily with boys on their own turf. But others have learned to be as critical of the female high-achiever as the boys are. The high-achiever may also feel she's being used. "A few of the girls make it obvious they only like me because I usually know the answers when we have a quiz," Lisa, a tenth grader, murmurs. "Sometimes I wish I didn't get such good grades."

So now we come to the crux of it. What happens to sharp girls who keep hearing that they shouldn't be too ambitious, too zealous about excelling? Consciously or unconsciously, they often develop a state of mind that psychologist Matina Horner, president of Radcliffe and a pioneer researcher in this field, calls the fear of success.

Don't confuse fear of success with a term that's more commonly used, fear of failure. Failure is the underside of success, of course, but there are real differences between the two sets of fears. "Fear of failure," says Dr. Judith Beldner Sage, a counseling psychologist at the City University of New York, "occurs when you have the feeling that you'll never measure up, that you'll always fail."

A typical example is Marian, a perfectionist, who sees herself as failure when she gets 95's on test scores, because for her success is a rigid 99 or nothing. Bound to perform to impossible standards, Marian is a girl who can never measure up. People concerned about doing badly at anything are caught in the fear-of-failure trap: for instance, bright students who worry so much about exams, they practically freeze when a test is upon them.

As for the fear-of-success people, what they truly fear isn't success but the *outcome* of their success. "It's the feeling that success, which is supposed to be positive, will have negative consequences for you," Dr. Sage explains. "That if you succeed, bad things will happen to you."

What "bad things"? That's where all those messages about ambition and initiative not being appropriate for a girl come in. They make success seem like a threat, a danger. There's the fear of being rejected, becoming unpopular (especially with boys), losing friends, being lonely, being looked upon as pushy rather than feminine.

Any girl can develop a fear of success, but some are more vulnerable than others: those whose aptitudes lie in areas traditionally labeled masculine; those who have to compete directly with boys; and the high-achievers, those who could be, or are, the most successful. Patty, a first-rate tennis player, doesn't play as well as she can when she's competing against boys. Noreen hardly ever opens her mouth in class, though she usually knows the correct answers. And talented girls who make sudden career switches in favor of more "feminine" fields—for instance, deciding to become a nurse instead of a doctor—show fear of what success in a "masculine" field might bring.

Howard Harrison, who counsels students in the Scarsdale, New York, school system, tells of a fear-of-success pattern he has observed: A number of high school seniors tend to do something, like *(continued on page 198)*

TONY C. WILKINSON

NO EGO IN HIS ACT

Jack Nicholson is that rare bird, a brilliant actor who never lets his personality trip up his craft

by Edwin Miller

Sane but manic in Ken Kesey's yarn, "One Flew over the Cuckoo's Nest"

Offscreen, Jack Nicholson is a casual man. He is reputed to own natty pinstripes, but today he wears brown suede shoes, blue jeans and a sky-blue T-shirt decorated with fluffy cumulus clouds. His features are wreathed in a benign grin, as befits an actor who collects at least a cool million for any leading role he cares to accept. At the moment, he's in his suite in Manhattan's Sherry-Netherland Hotel, shouting to a press agent near the door, "Champagne to the ladies! Champagne to the dancers!" He explains to me that he is just congratulating the cast of *A Chorus Line,* Broadway's biggest hit musical, which he saw the night before. Jack orders three bottles sent backstage to the cast. "I don't want to destroy them," he says, "I just want them to have a good time!"

Like no other actor, Jack defines the essence of the seventies, a decade in which most cherished heroes show tarnish. Now we all own a piece of him as the cooled-out private eye of *Chinatown,* the rootless reporter in *The Passenger,* the irrepressibly manic McMurphy in *One Flew over the Cuckoo's Nest,* this year's probable Academy Award-winning performance. Apart from etching a roster of indelible characters in our memory, Jack projects an electrifying sense of exhilaration simply in being alive.

Surveying his temporary kingdom, Jack scratches the beard he has grown for *The Missouri Breaks,* in which he co-stars with Marlon Brando. "Thought it would make me look a little older," he says with a grin. "Heavier. *Breaks* is a Western, set during the period when rustling became a hanging offense. Brando tries to kill a lot of us," he chuckles. "But he don't get me."

Arthur Penn, director of *Breaks,* says, "Jack has fantastic discipline, meticulous preparation. At the same time, an absence of rigidity, an ability to shift gears with new insights. I didn't expect he would have such an easy sense of humor. Marlon thought he was terrific."

Marlon isn't the only one. Nicholson recently starred with Stockard Channing in a zany comedy, *The Fortune.* He played her kooky kidnapper and would-be murderer with Warren Beatty as his partner. She says simply, "Jack's the best. The best. Coming back to the set, I'd always have to hug him, I was so glad to see him."

In return, Jack worries about Stockard. "I feel she needs a lot of affection," he says. "She has that ability where she can go from tremendous exuberance to a kind of totally collapsed pathetic clown, the mask of tragedy. She could give you Chaplin in spades. I always shudder at the idea that somehow a person has been given this kind of face because life is going to call it into play."

Clowning with Marlon Brando on the location of "The Missouri Breaks"

STEFANI KONG —TRANSWORLD

In *One Flew over the Cuckoo's Nest,* Louise Fletcher appeared as the terrifyingly misguided nurse who pits herself against Jack's free-spirited character. "Jack is able to play a true hero," she says, "one who has an unconscious need to give of himself to his friends. Everybody on the picture fell in love with him a little. You have to. Everything comes alive when he walks onto a set. Whatever he's playing, he gets to the character's core. You watch and say, 'Yeah, wow! That's how I feel!' He's a magical kind of guy.

"Some people," she adds, "feel Jack's flippant. But I think that's a mechanism he uses to hide how much he cares about what he's doing."

Milos Forman, *Cuckoo's Nest*'s director, remarks that "Jack works like a madman. He's a star, but he keeps it offstage. If you didn't know who he was, you couldn't distinguish him from the other actors."

Jack regards *Cuckoo's Nest* as "the most realistic insane movie ever done." He says, "It was unnerving, shooting in an actual mental institution. Some people working with us were patients—a lot seemed to show some very nice progress by being taken out of their regular routine. People on the inside are no different, really, from those in a movie company. Half of us had to wear badges, or they wouldn't have let us out at night!"

Jack wishes people were interested in his *(continued on page 206)*

MARY ELLEN MARK / LEE GROSS

THOMPSON

THE SWAMI & THE SURFER

by Todd Walton

He was convinced he could do anything in the world—if only he meditated first

There was good cause for jubilation at the philosophy department's monthly dinner at Professor Goss's house. After two months of negotiations, Professors Dingleman and Kloff had managed to hire Swami Prananda Mukta of India for the entire fall quarter.

"Now," Professor Wymer said, sipping his wine and feeling very sage, "maybe the cultists will leave us alone for a while."

"Well," Dingleman said, arching his chubby eyebrows, "it's better than that. He's more than just your run-of-the-mill holy man. He's a professor, too, in New Delhi. Supposedly, he's quite literate and not at all messianic. Hardly anybody has heard of him."

"But he wears a turban," Kloff said, "and he has a nice beard. We made sure of that."

It was true that the students had been sorely disappointed with the largely Western brand of philosophy available at the university. The occasional lectures by visiting gurus only added fuel to the claims that the faculty was out of touch with the needs of the modern student.

Professor Goss and Carol Peters, a comparative religions major, were on hand at the San Francisco International Airport to meet the swami. "How will we ever spot him?" Professor Goss asked, running his fingers through the few remaining hairs on his enormous head. He seemed positively dejected at the sight of so many bearded, turbaned Indian men disembarking from the jumbo 747. "They all look alike, and the picture we have of him is rather blurry." He peered at the photograph, then glanced up at the throng of Indians. "Maybe your eyes are better than mine, Carol."

She looked at the picture and was about to make a foray into the crowd when a very handsome Indian man walked confidently toward them, stopped a few feet away and bowed so low that his turban touched the ground. "Professor Goss," he said, returning to a standing position, "and . . ." He looked up into the sky and closed his eyes. "Miss Peters."

"Ms.," she said, blinking in astonishment.

"Oh, yes, the new word. Forgive me."

They were driving down the coast to Santa Cruz in Professor Goss's Mercedes. The swami's head was turned toward the ocean, and he was smiling with pure delight.

"Good little trick, that name guessing," Goss said. "Care to share your secret?"

"Oh, that's quite simple," Prananda said. "I simply opened myself to, uh, how can I put it, her person. As it happens, Ms. Peters does not have a secret identity more powerful than her public one, or else I might have called her by that name."

Not only was the swami charming and handsome, he seemed to be one of the happiest human beings alive. Carol was immediately affected by this and broke out laughing for joy several times during the ride down the coast. Even somber Professor Goss was chuckling and making little jokes by the time they arrived on the Santa Cruz campus.

"Ah, the redwood trees," the swami said. "Soon we must go where the old ones are. I must, uh, how do you say it, glimpse their knowledge."

He was an immediate and enormous success. His classes were packed, his evening lectures were always addressed to overflow crowds, and besides his having mass appeal, he was clearly a deep thinker with a vast knowledge of history and science.

Women and men were enchanted by him, and even the university cynics, student and faculty, broke down and applauded him.

He had no hard-line philosophy, nor was he groovy or obscure. He was able to make the person asking him a question seem as wise as himself.

But he had a fault which made him even more appealing than if he had been perfect. He believed, to the delight of all, dissenters and supporters, that there was no physical task he could not master by simply meditating in the presence of a masterful execution of that task.

Finding a test to put him to proved difficult, since he was an accomplished artist, mechanic and athlete. It would have to be something unique to Santa Cruz, unknown to the world of New Delhi.

One afternoon Prananda was lecturing on pelicans and their uncanny ability to ride wind currents. He suggested that man had always wanted to fly, not to acquire speed and mobility but for the pure ecstasy of defeating gravity.

"Like surfing," said a *(continued on page 202)*

THE SPORTING LIFE

Winning ways to store sports gear . . . and find it in a flash!

YOUR ROOM should suit your life style. And if that style is sporty, the storage ideas here and on the next two pages are super. But what if you're more spectator than participant? No problem—these space-savers adapt easily to different needs. First, check the inset below for the major furniture pieces we used. The finished effect: opposite.

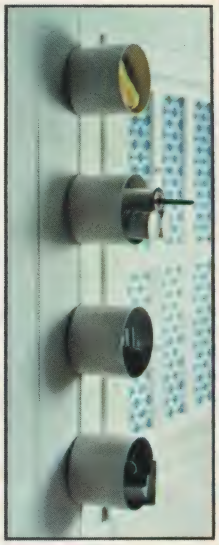
BLUE AND WHITE with warm wood tones create a relaxed, airy feeling. A sisal rug is the natural flooring. Sheets cover the walls and make up the tailored wrap on a twin-size bed that doubles as a couch. We've topped it with a comforter and pillows with coordinating snap-close cases (all easily removed for laundering). For a desk, a drawing board with adjustable tilt-top folds down to be tucked away in a corner.

THE SHELF SYSTEM (see close-up, above center) has a frame made from painter's ladders you attach to walls with screws or angle irons. Boards are nailed to rungs. Use your system for boxes, books, sports equipment like ski boots or a field hockey stick, even a bike (note its racket clamp).

HANG IT UP! A mirrored wall unit by your door, above left, keeps everyday needs in easy reach. Nail up a wooden hay rake, above right, for ski gear . . . or jewelry. Expandable mug racks are great for odds and ends. Another idea: low chests or cubes that serve as end tables. Lane table, chest and hall mirror unit; Burris chair; J. P. Stevens sheets; Import Specialists rug; Luxo lamp. More info and Decorating Workshop stores: page 233.

BILL MARGERIN

CRISP WHITE gives any room a spacious look. And that's important when you want to add sports stuff to your surroundings without feeling cramped. We took the white furniture basics above left, added blue and white fabric and arranged all in ways that offer plenty of storage possibilities. For starters, we tackled a frequently asked question: What to do with **TALL CHESTS** of drawers? Turn them into a wall storage/study unit (above right and opposite page). Clothes, desk supplies and small equipment like Frisbees and swim gear go in drawers. Wall standards and movable shelves fit between chests to make a desk. Other bits: Hang a tennis rack; give a kite the poster look.



BOOKSHELVES that look like stacked cubes, near right, hold a variety of items. Upright or sideways, they use very little space. Try an L-shaped setup, add cushions, and you have a couch to stretch out on.

A WALL-ALL of plastic planters, next, for tennis balls, perfume, a camera, anything! To make one, drill a small hole in the center of the bottom of each planter; attach to wall with a screw.

BED CENTER, directly right, puts you on top of the sports scene! Attach a mattress-size piece of plywood, painted along the edges, to a pair of bookshelves with screws. Fill shelves with a volleyball, a scale, even a folding seat.

LITTLE THINGS make the desk area, right, an efficient work center (use for makeup too). The lamp, stereo and clock are in compact sizes. Lea furniture, P. Kaufman fabric. More info, Decorating Workshop stores: page 233.

BILL MARGERIN

THE SPORTING LIFE

More neat ways to have sports gear (and other VIP things) right where you want them—in your room!

TENNIS ACE

FOOD

Love Chinese egg rolls? You'll flip your chopsticks over this more delicate version. Try our recipe for crunchy-delicious

Spring Rolls

GEORGE RATKAI

First, make the wrappers. Experiment with the brush technique until you get the hang of it. For filling, try shrimp (1), pork or chicken; these, plus dips, on page 198.

2 cups flour
2 cups water
¼ teaspoon salt

Combine flour, water and salt; beat to make a smooth batter. Heat a 7-inch (bottom diameter) nonstick skillet over medium-low heat. Using a natural-bristle brush, quickly brush batter lightly but evenly on the hot pan to form a 7-inch round. As it dries, brush on more batter, filling in holes and uneven areas (2). (Two or three brushings will produce a thin, translucent wrapper.) When edges crinkle and roll away from pan, wrapper can be pulled away in one motion (3). If wrapper sticks, rub bottom of pan lightly with oil; if it gets brown, try lower heat. Repeat till all batter is used. Makes about 20 wrappers.

To fill, place 2 tablespoons filling on lower half of each wrapper (4). Fold bottom edge up, roll to cover filling, tuck ends in (5) and complete rolling. Seal edges with water and press to secure. Pour oil into a large skillet to a depth of ½ inch. Heat to 360° F. Fry spring rolls, turning once, until golden brown, about 2 minutes per side (6). Drain on paper toweling.

Camellia pattern plate by Fitz & Floyd. Lotus bowls, lacquered chopsticks from Azuma. Melon jar basket from Royal Cathay. Gold lacquer tray from Otagiri.

1

2

3

4

5

6

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...SUCCESS

continued from page 187

cutting their phys ed classes, that endangers their graduation. This pattern is more pronounced among girls than boys, he says, and occurs most often among high-achieving girls.

Is there some fear of success in you? Psychologists suggest a number of questions you might ask yourself. Do I sometimes pretend to be dumber than I am? Do I do things to avoid calling attention to myself? Do I act less natural, less myself when I'm with boys? Why do I belong to clubs? (Jinx Melia, a career development consultant who teaches at Georgetown University, says that when she runs workshops for high school girls and asks questions about their clubs, she often hears that "the girls help the boys, and the boys help themselves.") When I am successful at something, do I tend to dismiss it as luck or play down the praise I get? (Fear-of-success people often refuse to accept the fact that they created their own success.)

Is there some conflict between your wish to achieve and your natural need for approval—from the group, from boys? If so, it helps to look at all the elements involved. You're caught in a difficult time—one in which the opportunities to be successful are more open to you than ever before but the girl with drive still runs a risk of being criticized. Things can be rougher still because the teen years are those in which group approval is important.

Consider, though, that there are several you's: the you that wants to be popular; the you that wants to be successful (however you define success) now; the you that wants to achieve and succeed later.

Pretending to be less than you are, thinking it will please someone else, will breed resentment and anger: resentment at yourself for cheating yourself out of becoming as successful as you could be, anger at the other person for having made the demand on you to be less than you are. "Right up to graduate school," Dr. Sage recalls, "I didn't tell the boys I'd been getting good grades and was on the Honor Roll or the Dean's List. When they saw my name on the Dean's List, they said, 'I didn't know you were so smart.' Later on I began to realize that if a man was so insecure as to be turned off by my intelligence, I didn't want him anyway."

Be practical. Even if you're not thinking in terms of a career, chances are excellent that you'll be a working mother for some period of your life. Statistics show that a majority of American mothers become full-time working mothers, and some will work for up to thirty years. So the question arises: What kind of working mother? That first secretarial job right out of high school or college may sound enticing, but as Jinx Melia stresses, "Jobs that at seventeen or eighteen sound exciting are kind of dull at twenty-eight or twenty-nine."

Once fear of success has become part of a girl's personality package, is it there forever? Psychologists agree you're not inevitably stuck with this fear if you don't want to hang on to it. How can you begin shedding a fear of success?

Look at the person you want to be. Are you someone who keeps hiding her light under a bushel or someone who makes the most out of what she's got? Are you someone who's passive or someone who can take the initiative? If you had a daughter yourself, which would you rather she be: lacking initiative (or pretending so) or able to use her talents to the fullest? *(continued on page 200)*

SPRING ROLLS

continued from page 197

For your next Chinese cooking spree, try these delectable fillings for the wrappers on page 197 and the sauces to dip them in

shrimp filling

2 tablespoons soy sauce
1 teaspoon sugar
1 teaspoon cornstarch
¼ teaspoon salt
¼ teaspoon pepper
½ cup thinly sliced scallions
¾ cup finely diced water chestnuts
1 cup finely shredded Chinese cabbage
1 pkg. (6 oz.) frozen Chinese pea pods, thawed, drained and minced (see note)
2 to 3 tablespoons vegetable oil, divided
1 clove garlic, minced
1 tablespoon minced fresh ginger
½ lb. shelled deveined shrimp, diced fine

Combine soy sauce, sugar, cornstarch, salt and pepper in a cup; mix well; set aside. Combine scallions, water chestnuts, cabbage and pea pods in a small bowl; toss to mix; set aside. Heat one tablespoon oil in a large skillet. Add garlic and ginger, stir and sauté for one minute. Add half the vegetable mixture and stir-fry until slightly softened, about 30 seconds. Push to side of pan. Repeat with remaining vegetable mixture; remove from pan. Add one tablespoon oil to pan and heat. Add half the shrimp and stir-fry until cooked; push to side of pan. Repeat with remaining shrimp, using more oil if necessary. Return vegetable mixture to pan. Pour soy sauce mixture over all; cook, stirring constantly, until mixture thickens, about one minute. Remove from pan and cool. Makes enough to fill about 20 wrappers.

Note: To save time, pour boiling water over pea pods in colander to thaw; drain well. Place on paper toweling to drain completely.

chicken or pork filling

Spring rolls are just as good with chicken or pork filling. To make these variations, use one large boned and skinned chicken breast or the meat from two one-inch-thick pork chops in place of shrimp. Cut chicken or pork into thin shreds and use in recipe above.

spicy soy sauce dip

1 tablespoon minced fresh ginger
1 clove garlic, minced
½ cup soy sauce
2 tablespoons vinegar
1 tablespoon sugar
½ teaspoon salt

Combine all ingredients in a small bowl. Makes about ½ cup.

plum sauce

Dissolve ½ teaspoon dry mustard in 1 tablespoon vinegar. Stir into ½ cup plum preserves until smooth. Makes about ½ cup.

hot mustard sauce

Combine 3 tablespoons dry mustard and ¼ teaspoon salt. Gradually stir in 2 tablespoons water to make a smooth thin sauce. Makes about ¼ cup. It's very hot—a little goes a long way.

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Put masculine-feminine definitions in perspective. By now social scientists have established that most of our beliefs about sex differences, about what's appropriately masculine and feminine, are myths rather than biological truths. Speaking up in class or beating a boy at backgammon makes you no less intrinsically feminine than being able to open a door for yourself.

Recognize your right to be yourself. You *do* have the right to bring out the best in yourself, whether that means taking care of children or working out complicated mathematical equations. Dr. Janet L. Wolfe, of the Institute for Rational Living, points out that when a girl is challenged or put down by somebody, her most common reaction is to withdraw or to become very aggressive. But once you *recognize* your right to ask that question or get that A or win that game, you can assert yourself without going to extremes.

Don't trick yourself out of success. It's easy to find excuses for not succeeding. The easiest is called "failure." Dr. Sage says, "Many times I've heard capable women say, 'I'm afraid people won't like my work' or 'I'm just afraid I won't be good enough,' making it sound as though they're afraid of failing. Underneath it all, what they *really* fear is being so good they *will* succeed."

Give yourself the credit you deserve. If you don't show yourself to be as capable as you can be—or even if you do but are put down for it—you need some positive reinforcement. Give it to yourself! Run through your strengths; make a list of them and pin them up as a constant reminder. If you have trouble getting started, try this: Make separate headings for all the major activities in your life—school, social life, job, hobbies, volunteer work, whatever. Under each heading list the elements that go into that activity. Say, you baby-sit: What does that entail? Making decisions, entertaining, negotiating (especially if the child is unreasonable), evaluating situations. As you make up the chart you'll see patterns emerging; the things you're good at will constantly surface.

Find role models (there's nothing like a little inspiration). They could be female relatives, women in public life, a next-door neighbor, girl friends, whomever you admire. What makes that person so successful? Amy Brown tells about a classmate who gets top grades, is popular, sings beautifully and is a talented actress. Yet what Amy admires most about her friend is this: "She thinks she's not pretty but never fusses about it or lets it get her down. Some girls would be cowed if they thought they weren't pretty. But she's done her best with what she has, and she makes up her life out of her *best* parts."

Search out support. You need allies. It could be an understanding parent, a boy who's not made insecure by a bright or gifted girl, or a group of girls who are also somewhat afraid of really succeeding and want to do something about it. Maybe the group could seek out a school guidance counselor who is sensitive to the problem and who would be willing to head a session with all of you on the topic.

Savor success. One teen-ager describes how she feels when she's feeling successful: "There's a special vitality, the adrenalin is running, every part of me is alive and astir! It's really a pleasure."

Let yourself enjoy that pleasure.

TOTAL FITNESS . . .

continued from page 169

position, your shoulders will fall gracefully to the side. Level your pelvis by carrying your navel as high off the ground as it will comfortably go and tightening your stomach and buttock muscles. You'll find yourself with a more graceful carriage and a smooth, gliding walk.

Weight: The only way to convert a fat body to a lean one—and make that your figure forever—is to exchange fat for muscular tissue. You accomplish this in part by being active: standing instead of sitting, sitting instead of lying, walking instead of riding, and by lifting, stretching and elevating your heart rate for at least three continuous minutes every day to burn off 300 "activity" calories. If you're active in this manner, then a reduction of only 200 food calories every day, while maintaining good nutrition, will give you a net loss of 500 calories per day, 3,500 per week. That's a one-pound-a-week loss of fat. No one should lose more than that at one time. It's not healthy, and it's not permanent.

Energy: The test of fitness is whether you have enough energy to pursue your schoolwork and after-school activities during the day, to still feel vital enough to study or play in the evening and have an energy reserve to get you through emergencies or unusual bouts of work without exhausting yourself in the process.

If you're already fairly active, you're probably in pretty good shape to begin with. The following program will enable you to concentrate on the three "weakness" areas of the body: arms and shoulders; abdomen and back; the cardiovascular system.

Inherent in the program is the most important principle in exercise: progressive "overload": *Each time you exercise, you should try to do the slightest bit more than you did the last time.* As your body adapts to the exercises, you will do them with increasing ease. This makes for good performance but doesn't improve fitness. To be strengthened, the body must be worked to a degree corresponding to its fitness. The weaker you are, the lighter the exercise. The poorer your condition to start with, the more rapid your gains from fitness exercise. When you're fitter, you can do more work, but the effort isn't any greater.

Remember: In exercising for fitness, what you do is not as important as what it does to you. You're not interested in how fast or how far you can run or how much you can lift. All you care about is the workout you're giving your body. You measure that by taking your pulse.

The pulse is the body's most important single indicator of well-being, as well as illness. Generally speaking, the fitter you are, the lower your pulse rate when you exert yourself.

The key to fitness training is to exercise at a pace that raises your heart rate, and thus your pulse, to a specific "target" level. If you're just beginning a fitness program and are out of shape, you should raise your pulse rate to 120 beats a minute for at least five minutes. If you're in moderately good shape, you can go to 140 beats a minute. If you're in excellent shape, you can exercise at a pulse rate of 160 beats a minute. The better the shape you're in, the harder you're going to have to exercise to reach your target. It won't *seem* any harder, and yet your body will be getting exactly the degree of exercise it needs.

Using your pulse as a monitor, you'll exercise ten minutes a day, three days a week, at a pace that's right for you. The only equipment you'll need is a wall clock or a watch with a sweep second hand for checking your pulse.

Each bout of exercise begins with a one-minute warm-up:

Stretch each side by extending one arm overhead and reaching as high as you can toward the ceiling. Repeat with other arm.

Twist your trunk and swing both arms first to one side, then to the other.

Bend forward with knees flexed; grasp the backs of your knees and pull your chest gently toward your thighs.

Turn your head to the left. Put your left hand on your chin, your right hand behind your head and gently turn your head still farther. Reverse direction.

After you've warmed up, do four minutes of muscle building exercise. First, a set of push-aways:

Stand a little beyond arm's reach from a wall. Put your hands against the wall at shoulder height. Lean forward, then push away from the wall. Repeat fifteen to twenty times. If that is too easy, put your hands on a dresser or counter top next time. Gradually increase the difficulty by placing your hands on lower stationary objects, until you're pushing away from the floor, with your knees on the floor. If you can manage it, do a set with your knees off the floor, in the conventional push-up position.

Next, do a sit-back. This exercise is much easier and more beneficial than a sit-up. Sit on the floor with your feet hooked under a piece of furniture. Fully bend your knees; place your hands on your abdomen so you can feel the muscles work. Start with your chest close to your knees. Then raise your chest slightly and lean back until you feel tension in your abdominal muscles. Hold that position for fifteen to twenty seconds; the right position is when the exercise is neither too hard nor too easy.

After the sit-back, repeat a set of push-aways. Then repeat the sit-back.

Now we come to the heart of your program—exercising your cardiovascular system by raising your heart rate to your target level for five minutes. There are many ways you can do this, but the best way is to use your legs. It makes no difference what you do as long as you elevate your heart rate in the process. If you like to run, that's great. But you can also dance if you want to, provided you dance fast enough to make your heart beat at a specific rate for a specific time. Any continuous, rhythmic activity that elevates your heart rate is fine.

Exercising ten minutes a day, three days a week, added to an active life, will keep you in fine shape. You may even inspire your parents!

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And that it's time to stop living for the moment.

A diamond is forever.

. . . PERFECT DATE

continued from page 179

indebted to your date for $25.83. My mother insists that a guy expects to pay for the pleasure of a girl's company. I always wonder how much pleasure I have to give so that he gets his $25.83 worth. It's not a question of sexual debts (a movie buys a kiss, dinner buys a little more . . .) but how being his guest affects your manner. If you know that your date paid fifteen dollars a ticket to overwhelm you with a Broadway show, how can you say that you thought the cast was terrible and that your high school drawing class could design better sets? You'll be able to do more when the costs are split. You'll also have a nice feeling of self-sufficiency.

I used to figure it was easier to follow the male lead. If a date expected to pay for me, I'd let him. Now I suggest from the start that we share everything. You don't have to leap over the table to grab a check. Just make it clear—early—that you feel better paying for yourself.

Pitfall No. 5: Going out with him in order to meet his friends

Some of my friends say it's all right to date someone you don't really like, because at least you'll meet his friends. I disagree. I'd rather spend the evening pursuing my own interests, working toward a personal goal.

Socializing is only one part of your life. If you're busy with your own projects, you won't feel desperate about not having a date. Sometimes you won't even want one. You won't destroy your social life by spending one weekend studying for an exam—you might even feel good.

On the other hand, if there is someone special you want to get to know, try being direct. Tell him about a play you want to see, or that you love skating, and suggest you get together over it. Keep it casual, and neither one of you will be uncomfortable.

Pitfall No. 6: Being too unselfish

As your relationship with a guy develops, you'll want to do things for each other. Don't do too much.

One fall Sunday, a regular date of mine asked me to a football game. It was a cold day, I had the sniffles and I would have liked to curl up with a book. But I assumed he wanted to see the game, and so I agreed. He was quiet at the stadium and kept looking at his watch. It turned out that he had a lot of schoolwork to do, but knowing I liked football, he had decided to be thoughtful. Our mutual attempt to be pleasing resulted in my getting a cold and his working all night.

Constantly ignoring your own concerns in favor of your date's doesn't make for a very satisfying relationship. Let's say you like to do your homework alone, but a guy you're dating wants the two of you to work together. If you agree, but your grades slip, you know who'll get blamed.

One girl I know turned down a high-paying summer job in New York because she wanted to be near her boy friend in Ohio. Be careful of decisions like that. If you're passing up something that's important to you, be aware of the sacrifice and consider whether the trade-off is worth it. Don't slight yourself and your own future. If you start feeling resentful, you're sacrificing too much.

Pitfall No. 7: Making excuses when it's really over

Once you realize that a relationship has changed for the worse, end it quickly. It might hurt for a while, but it'll hurt less if you're honest to the end. It's sad, but most of your relationships are going to end. Maybe you (or he) will meet someone else who seems more attractive. Maybe as you get older your interests and tastes will change, and you'll no longer feel close to the same person.

Tell the guy the truth, instead of stalling him with excuses about how you have to feed the dog or wash your hair. And if he starts acting different, ask him what's going on. He might be under pressure from exams—or he might be offering a hint. You have a right to ask for honesty, but if you try to interpret the signs by yourself, you might be wrong.

One girl I know won't tell a guy when she doesn't want to date him anymore. When one date persisted in the face of all the standard excuses, she finally told him her grandmother had died, and that she was unavailable for a month. It worked for a while, but a lot of people were sure upset when grandma came to visit.

Life was easier, I suppose, when there were rules, when there were definite ways to judge the quality of a date (Did he help you with your coat? open the car door?). One habit that lingers with me is the feeling that I'm responsible for making sure my date is entertained. I apologize when anything goes wrong. When a picnic got rained out, I heard myself say to my date, "I'm so sorry!" He was gracious, though, and said it wasn't my fault.

It's hard to forget all the old perfect-date guidelines, hard to sort through the standard warnings about what's proper for young ladies, hard to ignore the behavior you once learned in order to seem grown-up. But you *know* you'll never be perfect. So you might as well relax and have fun.

SWAMI . . .

continued from page 191

long-haired, bleary-eyed youth in the front row.

"Pardon me," the swami said. "What is surfing?"

The class erupted spontaneously: The task had been found.

Benny "Sewer Peak" Berman and Doug "Toothpick" Haigh were conceded by most to be the hottest surfers in Santa Cruz. When they were contacted by the university and told they would be paid to surf for a week, someplace where the swami could watch them, a three-day beer blast began at Benny's house.

Doug and Benny didn't like each other very much. A year before, Benny's girl friend had left him for Doug, and a few months later she had left Doug for Hawaii. Then there was the yearly Santa Cruz surfing championships, which Benny had won once, Doug twice. And finally there was the ever-present question of who actually was the superior surfer.

On the second night of partying, Doug went over to Benny's to discuss the location and time for their surfing exhibition. Doug was a quiet, solitary sort. He liked to surf alone, live alone and think alone. Benny was quite the opposite. He delighted in surfing with the pack, attended nightly parties and changed girl friends every few weeks. He was loud and brash; Doug spoke rarely and softly.

"Hey, Doug!" Benny said, coming toward him with a can of beer. "Have a drink."

Doug took the can from Benny and smiled. "Can we talk outside?"

"Yeah, yeah," Benny said, turning back to wink at his most recent girl friend.

It was cold outside, but neither Benny nor Doug felt it.

"Listen, Benny, how about if we surf the Peak? The swami can sit right up on the Thirty-second Avenue cliff."

"Sure, that's cool with me," Benny said. "What time?"

"Six thirty?"

"Sure. Day after tomorrow."

"See you then," Doug said, handing him the untouched beer and turning to go.

All over town the topic of conversation in every bar, bank, supermarket and living room was "Can the swami do it?" Santa Cruz suddenly came to life. The usual depressing quiet of the welfare lines was replaced by gaiety and excitement. Old people talked to young people, and clean-cut businessmen chatted with long-haired hippies. A spirit of renaissance took hold everywhere. People started smiling more and saying hello to strangers on the street. High school teachers led their classes in discussions of meditation and surfing, and at the university the dining halls were filled with tumultuous debate.

"But why?" Professor Goss asked, shaking his jowls. "It's so inconsistent with everything else about you."

The swami smiled. "I am not a boaster, Goss. You know that."

"But what if you fail?" Goss said, his face wrinkled with worry.

The swami turned to look out the window at the redwoods. "This word *fail* has no meaning in itself."

At 6:30 A.M., with the fog still thick along the coast, Benny and Doug waded into the waters of Pleasure Point, pulled themselves onto their boards and paddled out toward Sewer Peak, a spot on the reef where the sewage dumped into the bay and where the waves were usually the biggest. Prior to this meeting they had always surfed in different locations or at different hours. Now they were side by side, floating up on the waves, waiting together for the first big set of the day.

The swami was seated in the lotus position on the Thirty-second Avenue cliff, just a hundred yards from where Benny and Doug would be catching the waves. He was naked, save for a loincloth, despite the cold morning air. His dark, slender, well-muscled body was covered with black, curly hair. As always when he meditated, he wore no turban.

Doug was the first to turn his board around and take off in the trough of a wave. Benny rode over the top of the wave, leaving the wall of water to Doug. He caught it high and dropped down the face, standing up on the board as it fell. He pulled up, hooking to his right, and shot along the face of the wave until it began to break up; then he pulled out over the top and let the wave go shoreward without him.

Meanwhile, Benny was up on the next wave, roaring down into the trough, then pulling back up to the wave-top, speeding along the crest *(continued on page 204)*

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and dropping sharply down the face of the wave. It was a magnificent morning. The waves were glassy, five to six feet, and best of all, there were no other surfers.

After two hours the waves petered out, and Doug and Benny called it quits. The swami rose from his blanket and walked down the rocks in his bare feet to where the two surfers were emerging from the water. "Hello," he said. "I am Swami Prananda Mukta. It is a pleasure to watch you."

"Thanks," Benny said, smiling enormously."It's a pleasure surfing for money."

"Tell me," the swami asked, "was it good today?"

"Hot," Doug said quietly.

"I see. By this you mean excellent?"

"Yeah," Benny said. "How about we try again this afternoon?"

"I'm sorry, but mornings are best for me. I have classes and lectures in the evening."

"Sure," Benny said, obviously disappointed. "Hey, you oughta get fitted for a wet suit, swami. You'll freeze without one. I can get you a discount."

"Oh, no," the swami said, putting his right index finger in the middle of his forehead. "As my master used to tell me, should you find the climate unkindly, look within at your own, uh, thermostat."

Benny laughed uproariously, and Doug smiled, his eyes making momentary contact with the swami's. Prananda congratulated himself on the success of his joke.

After the second morning of surfing, Benny quit. "I don't like surfing with Haigh," he explained. "He crowds me." It was not a matter of Benny being any less of a surfer than Doug. He simply didn't have the desire to get up so early every morning and surf for so long in the constant company of someone he disliked. Besides, the income from his labor might disqualify him from getting welfare for the next few months. And so, from then on it was Doug all alone, alone save for the swami watching him from the cliff. Or was he watching him? Very often it seemed to those nearby that the swami was staring beyond Doug into the hearts of the waves.

On the evening following the final day of surfing meditation, the swami announced to his class that he would be returning to India in a few days and not staying on as he had planned. "It is not my mind that longs for New Delhi, for New Delhi is here," he said, touching his head. "Yet, my body is drawn back to the Ganges, and I suppose I'll go with it."

The next morning the cliff was crowded with people. Two television crews were on hand, and reporters were moving through the crowd interviewing spectators. Doug was down below the cliff, sitting on a rock by the water. It promised to be an exceptional morning for surfing.

The swami appeared on the cliff, a small green surfboard under his arm. He surveyed the ocean for a moment and then picked his way down the rocks to the water's edge. He waved to Doug, waited for a flat spell, pushed his board into the water and jumped on.

He paddled out toward the Peak, where the waves were huge. Miraculously, he avoided being munched, as the surfers put it, by any of the incoming waves. He appeared amazingly adept at maneuvering his surfboard through the rough waters. He drifted over a series of less than good waves, large but ill-formed, and then it came, a seven-foot piece of glass five hundred yards long. He paddled twice toward it, turned and began paddling toward shore.

The wave caught up with him, and he rose perfectly to the crest. The board began to drop down the face, and he started to stand. But before he could get all the way up, the board shot out from under him, and he fell over backward and was engulfed by the wave. The crowd gasped.

A few seconds later his head popped up out of the water, and he retrieved his board and climbed back on. Once again he paddled into a trough, turned the board shoreward and took off. The wave picked him up, he started to drop and stood up, but this time he was too close to the nose of the board, and he fell off the front.

The crowd was buzzing. The swami could do everything but stand up. "He's gotta take off at less of a drop," Doug thought. "Too steep out there for jumping off the front."

The swami climbed on his board once again, but before paddling back out, he turned and nodded to Doug. Then he worked his way back to the Peak and waited for his wave. Suddenly the shout went up from the cliff, "Outside!"

It was a monster, a surfer's dream. Prananda paddled furiously to get in position and turned his board, the wave lifted him up and he stood. He shot across the face of the wave, crouching like a pro. He held his hands above his head victoriously as he shot along the face, pulling out expertly at the last moment.

When the swami emerged from the water, he was lifted onto the shoulders of two strong men and carried up the cliff to the wild applause of the crowd. Doug remained down by the water, staring into the waves.

When Prananda appeared on the lecture stage that evening, the assembled audience rose to cheer him. He bowed and then motioned for silence. "The ways of the waves are known only to the waves themselves," he began, but then he made no more mention of his feat, lecturing instead about words without meaning in themselves: *fear, failure, death.*

At two o'clock the morning of the swami's departure, Doug knocked on the swami's apartment door. He hadn't slept in two days. He didn't quite know what he was doing, but he had to see the swami.

Prananda opened the door and bowed. "Welcome, Doug. I've been expecting you."

"You have?" Doug said, swallowing nervously.

"Oh yes, just as you have been expecting me, I suppose."

Doug followed Prananda into the living room, where a small low table was set for two. "Hey, if I'm interrupting anything . . ." Doug said.

"Oh, but this is for you," the swami said, kneeling down on a pillow at one side of the table and beckoning Doug to do the same across from him.

"Please," the swami said, "drink this good tea and speak your mind."

Doug lifted the cup to his lips and sipped the warm, spicy tea. His eyes met the swami's. He put the teacup down and cleared his throat. "Now, swami, I'm not trying to take anything away from you. I mean, I think you're pretty amazing, I really do, but there's no living way you haven't surfed before. It just can't be."

The swami smiled and put both hands flat on his chest. "Doug, in India you would have been a holy man. Here you are a surfer, but not like Benny. No, you are a monk of the sea, and what you hold as the highest good is the supreme lesson of the waves: that you must be true or the waves that give you your power will eventually destroy you." He paused and breathed deeply. "I, however, am no monk of the sea. I am a holy man of the Ganges whose first responsibility is to joy and amazement, even at the occasional expense of truth."

Doug nodded, and they drank on in silence.

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NO EGO IN HIS ACT

continued from page 189

work instead of him. "If you're well defined as a public image," he observes, "people project that back at you. It becomes something you have to live with. The less you know about an actor, the easier it is for him to convince you he is the part he's playing. I've never worked under the Bette Davis theory," Jack explains. "That is, if you want to be a movie star, you play the same part over and over again, no matter what the picture is. Eventually you become known as that part—and then you become known as Bette Davis. Every time I do a part, my first thought is, 'What can I do to be different with this than what I've already done?' That's a more popular approach now than it used to be—you don't have to be a monument in order to be visible.

"Actors only get better from working. My satisfactions have improved right along with my fortunes and the films themselves. I've done a lot of off-center movies like *The Passenger* and *The King of Marvin Gardens*. They won't make thirty million dollars each, but they keep you exploring your range, and I feel they help other actors take chances too and fight typecasting.

"The most you can ask from art is that it provide a stimulating point of departure for a viewer's imagination. D. W. Griffith said once," he remarks, referring to the legendary silent film director, "that all he wanted to do was make people see. Myself, I'd like them to see more than just themselves. I don't have a basic theme as an actor. I think an artist changes things by pointing out what has to be changed. I want to be honest, to make an honest statement about our world."

Jack grew up in Asbury Park, New Jersey. Both of his parents are now dead. "My father devoted himself to alcohol. My mother drove him to it, I think," he recalls, "but they were separated at the time I was born. She was a beautician. He was a well-known window designer in the area. A mild, gentle man. When I was growing up, he'd take me to a bar and we'd sit around talking. A very dapper dresser—he participated in all the Asbury Park Easter parades on the boardwalk.

"I had all the classic adolescent anxieties," Jack remembers. "What kind of a job will I have? Will I be well-liked by women? Have I greatness? Am I pitiful? I felt no one knew I was having any of these problems. I thought I was projecting a picture where I didn't seem to care about anything, that I looked as if you had to slap my face to wake me up in the morning. It wasn't the truth then, not now either. I had already produced movies when I made a picture with Barbra Streisand. I was so nervous about working with a big star, the first time we did a scene I couldn't remember my lines! Working with an important actor like Marlon creates anxiety. But once you realize that you do whatever it is you work at fairly well and that other people have anxiety too, you feel better. Someone like me always worries about the cataclysmic experience that might jerk away the facade and expose you as the complete imbecile that, deep in your heart, you know you are!"

Jack, then called more formally John, graduated from Manasquan (New Jersey) High in 1954. He was seventeen, a bit younger than average, having skipped a grade. One of his high school teachers recalls that he never studied, still got the best marks but preferred being known as the class cutup. He tested in the top 2 percent on the college boards but didn't want to continue school. "I wanted to go to Hollywood," he says. One of his two older sisters lived on the West Coast. "I wanted to rubberneck at stars—I had never seen any—and watch how movies were made."

After knocking around home for a year, Jack went to the Coast and got a job in the animation department at MGM. "The day I was hired, the head of the division retired, and he had started working on the day I was born!" Jack stayed put for a couple of years doing odd jobs and became interested in acting through some friends. He had a part on TV and got the lead in a movie called *The Cry Baby Killer*. His eyes widen. He chortles. "That was really something. I thought to myself, 'Here I am a big star!' What I had to learn!"

Back then, Jack was an actor hardly anyone recognized. But that day disappeared forever when he played an alcoholic southern lawyer in *Easy Rider*. "I was completely relaxed in that role," he recalls. "I had made enough films, twenty or so, by then to know what I was doing. Many actors aren't aware that all their scenes are interlocked, and that even though you film them separately, you've got to play them as a whole to give a role shape and outline."

Producer Sam Spiegel recently asked Jack to do a relatively small role in a forthcoming drama about Hollywood, *The Last Tycoon*, based on F. Scott Fitzgerald's unfinished novel. The movie stars Robert De Niro. Jack appears in the climactic sequence as a political organizer. "Very seldom," Spiegel says, "can you find an American actor who doesn't care whether he is in the lead or the second or third or fourth most important part, who just wants to fulfill his professional skill and pride. That's Jack."

"Every actor is the center of his own universe," Jack says. "But I've never been able to define my own center. I'm an eclectic. It's no fun having people come up and ask me the meaning of *Easy Rider* or if I grew up in Neptune, New Jersey. I've been asked, seriously, if I knew I was a god! Not in physical beauty but in influence. Some people half expect me to come to dinner with a needle in each arm, trailing forty women behind me!"

Jack was once married to an actress named Sandra Knight. Wed in 1962, they were divorced five years later after a daughter, Jennifer, was born. One reason for their breakup was reported to be his experimentation with LSD under medical supervision, for a movie about drug use called *The Trip*. In recent years, at different times, Jack has been a steady companion to Michelle Phillips, once with the Mamas and the Papas singing group, and fashion model Anjelica Huston, daughter of director John Huston.

The phone rings. It's a long-distance call from an older sister. He listens, returns. "My brother-in-law and sister went together since she was in the sixth grade. They've been married some forty-odd years, and they're having their first spat!

"What was there I wanted to do? I have to visit the record store; they've got some 'obscuros' there—*The Best of Sam the Sham and the Pharaohs*. Even MGM Records doesn't have a copy! I've always got a list," he adds. "I asked so many people in so many places in the world if they had a copy of the Beach Boys' *Wild Honey* album that they actually rereleased the thing after I'd looked for it for five years. Even Brian Wilson didn't have a copy! Somebody dropped mine—it's hard to break a 33 album, but it hit on the edge and cracked. Some records I have get stolen. I've left old collections behind. I've had a consistent attachment to pop music since I was a kid."

He moves over to the window, looks down at Central Park. "While I've been in New York," he goes on, "I've found a book put out by Napoleon that completely covers his tour to Egypt. Lithographs, maps, all kinds of things. Stanley Kubrick got me interested in Napoleon—at one time he was going to make a movie about him with me. I raised the money for the project—it took me a day—and then he changed his mind and did *Clockwork Orange*. He used a lot of the Napoleonic material in *Barry Lyndon*."

He turns away from the Manhattan vista. "A lot of people with talent never connect," he muses. "If it weren't for things breaking the right way, I wouldn't still be in the business. I've managed to survive because of a strong creative ego. I'm not handsome enough to be a romantic leading men, not neurotic enough to be a weird character actor.

"If I were playing myself as a character," Jack says, "that would be a tough part!"

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. . . CELEBRITIES' KIDS . . .

continued from page 181

two of your uncles were assassinated. Are you worried about your father's safety?" I asked.

"No, not very much. He qualified for Secret Service protection for this campaign and refused it. He says their presence makes people think of violence. I see his point, but I told him I think he's crazy.

"The thing that bothers me most about the campaign is the attitude of some of my friends. It hurts me when they refuse to work for him because they don't think he'll do a good job. Friends are supposed to get you through things like this."

Chip (Walter, Jr.) Cronkite doesn't look like his father. He's slender, with sandy blond hair. Pale jade green eyes gaze from a fine-boned, freckled face. It was a beautiful, sunny New England day, and rather than talk in his dorm at Brown University, in Providence, Rhode Island, where Chip, eighteen, is a freshman, we decided to sit outside on the quad.

"Whenever I say my name, people are taken aback. Then they ask me if I'm Walter Cronkite's son, and I recognize the futility of trying to communicate *my* identity to them."

"What does being his son mean to you?" I asked gently. It was clear that Chip found this a difficult subject.

"It's part of the larger problem of my identity," he answered, "and it's an adolescent problem. The whole experience of being his son is meaningless, because it is incomprehensible. I can't get hold of it."

"Do you talk to your father about it?" I asked. "Can you talk to him about yourself?"

"Yes, we can talk pretty well, even though we don't agree about many things, like drugs and politics. My father cares about his children. He's aware that we don't start anything with a clean slate." Chip spoke slowly, choosing his words carefully. Later I learned, with no surprise, that one of his courses this year is philosophy of language.

"Do people ever come to you and tell you things about yourself that aren't true?" Chip asked me.

"Of course. People will tell me about someone I'm supposed to know whom I've never met or else tell me I was seen someplace where I've never been," I replied.

"Well, people always come and tell me things about myself that aren't true. Things someone else has told them to impress them, as if they knew me well. It makes me feel angry and frustrated. I tend to avoid the subject of my identity whenever possible. What else can I do?"

"I wish I knew," I said. I watched him nervously pluck up the grass around his feet. Then I realized I was doing it too.

"The fact that my father is seen as a trusted person and a father to everybody is important. When he dies there'll be a lot of publicity that will make it hard to relate directly to his death. I think about that sometimes. I can't quite understand other people's feelings for him. He's really only a father to me and my two sisters."

"When you date, do you ever worry about why a girl is seeing you? Do you ever think it might be because Walter Cronkite is your father?"

"No, I just don't think about the why. If girls want to hang around me, it's okay if they do. If they're useless and have no conversation, I want them to leave. You know, the position I'm in leads to emotional disinvolvement anyway," he said.

"Have you thought about what you want to do with your life? I'm sure that people always ask you if you want to be a newscaster," I said. "They always ask me if I want to be a sportscaster."

"I have some need to be creative and individualistic," he said. "I'd eliminate doing anything in journalism or working in business. I like painting houses and carpentry. I write sometimes, but my friends tell me that what I write doesn't make sense. Something's happened to me in the past year. I haven't been able to form any beliefs. I worry about being an apathetic person."

It was getting late. The sun had disappeared, and the air was suddenly cold. As we got up from the damp grass, I noticed nearby students looking at us with curious expressions. They'd probably overheard our conversation.

"See them staring at us?" I asked Chip. "That reminds me of another question. Do you ever have the feeling you're being watched?"

"Yes," he said. "I think people are watching me all the time. I think government agents are watching me."

I stared at him in disbelief. I thought perhaps he was joking, but he was serious. "Why? To protect you?"

"No," he said. "Because of what they think my father stands for."

I looked around us. Everyone looked pretty normal. But then, if someone were watching, he'd have to blend in.

Until last November, Vicki Gifford, nineteen, was a sophomore at the University of Southern California, majoring in print journalism. Now she's living and working at a ski resort in Colorado but plans to return to college next September. She hopes it will be at Middlebury College in Vermont.

Vicki's father, Frank, owes his fame to playing professional football with the New York Giants and then to sportscasting. In 1971 he joined my father on *Monday Night Football.* I've known Vicki's father for many years, but Vicki and I have met only once, though we both grew up in Westchester County, New York.

"Do you get nervous watching your father on TV?" I asked her. "Are you ever afraid a lunatic is going to shoot at him? I know I'm afraid for my father."

"Oh, good, I'm glad you get nervous too," she said. "My father's safety is constantly on my mind. I have a picture in my head of some sick person mutilating him."

"You flew up to San Francisco to meet your father for a 1974 Monday night telecast. Would you tell me what happened?"

"The game itself was okay, but when we left the stadium afterward there was almost a riot. The fans there are crazy. We couldn't get out of the stadium, and Alex Karras [the third announcer on *Monday Night Football*] had to pick me up and carry me to the limousine. People surrounded our car and banged on it, trying to get in. I was *(continued on page 220)*

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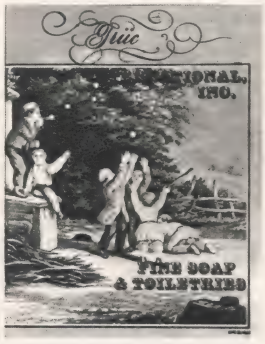

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More on page 210

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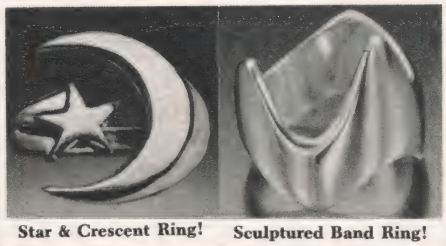

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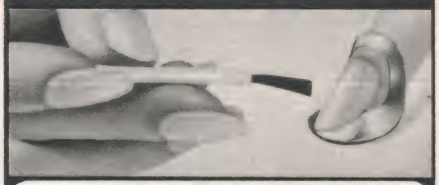

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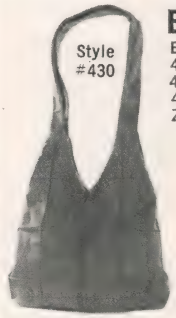

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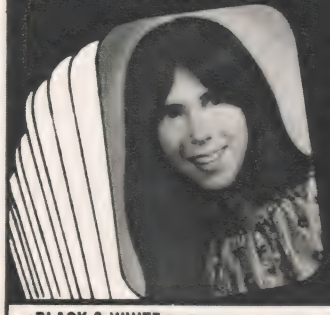

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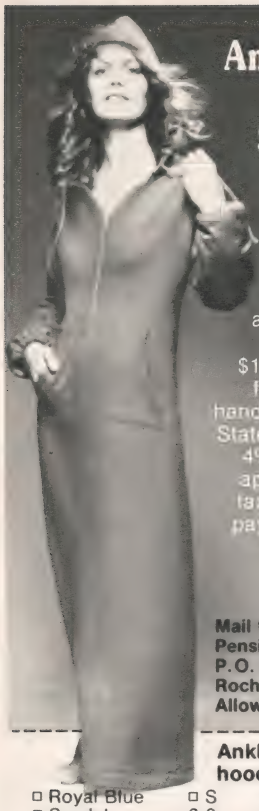

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Cozy calico cat of fabric patches layered on a plaster base and lacquered to a shine. He's at home on a shelf or curled up on the floor as a doorstop; 6½ inches long; $11.98. Lillian Vernon, Dept. S4E, 510 S. Fulton Ave., Mount Vernon, N.Y. 10550

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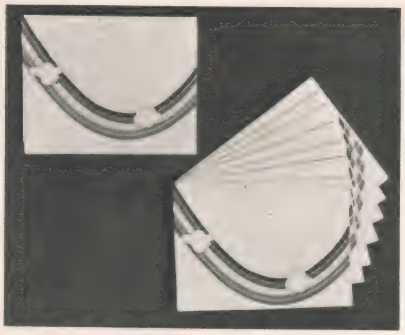

Write on a rainbow and put a little joy in your message. Cloud puffs chasing rainbows on ten white notes with matching envelopes; 6¼ by 4¾ inches; $3.95. Jenny B. Goode, 1194 Lexington Ave., New York 10028

For budding green thumbs: a set of gardening tools just 4 inches tall—a rake and two spades. Two ladybugs perch on the stained wood holder. Choose olive or yellow; $5. Highboy Shop, 27 Lewis St., Greenwich, Conn. 06830

More on page 214

Hide away your treasures in this lovely

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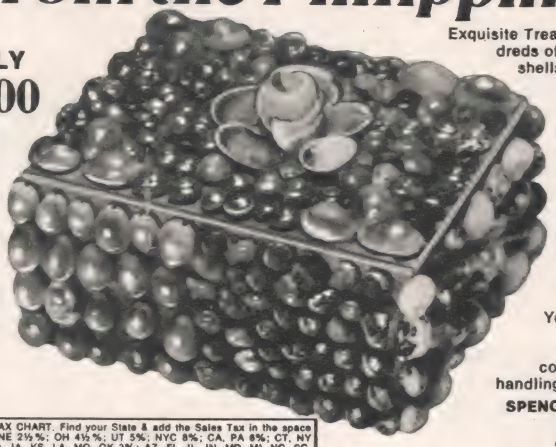

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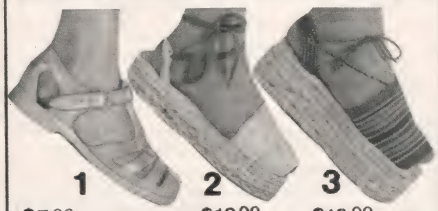

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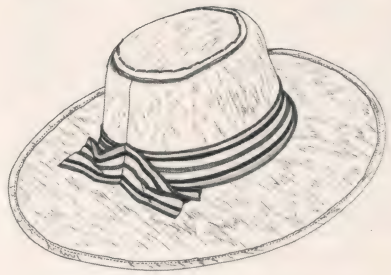
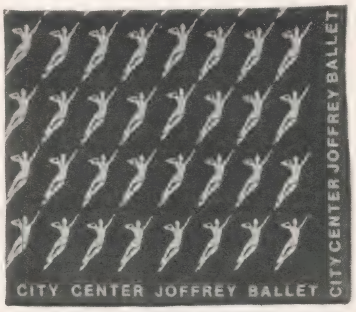
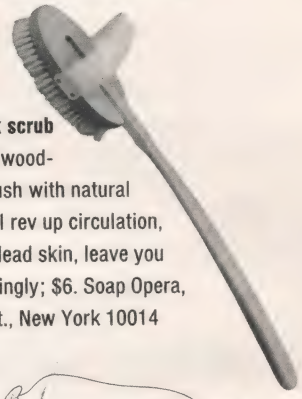


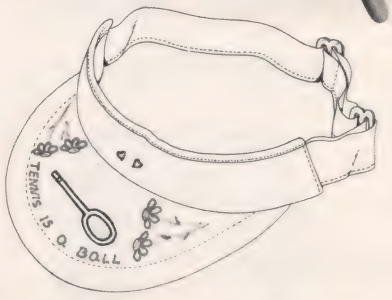
Hats off to the people in Ecuador who make these brimmies out of bark. They're lightweight, cool and very pretty. Natural bark with striped cotton band, in one size only; $10.50. Primitive Artisans, Box 128, Plainville, Conn. 06062



For the dance crowd: a scarf jumping with dancing figures from the Joffrey Ballet (white on a navy ground). Cotton square 24 by 24 inches; $4.25. From Joffrey Circle Boutique, 130 West 56th St., New York 10019



Do the back scrub with a long wood-handled brush with natural bristles. It'll rev up circulation, slough off dead skin, leave you feeling all tingly; $6. Soap Opera, 51 Grove St., New York 10014



On the courts or off—a winning crisp white cotton visor with colorful hand-painted tennis motif. Choose "Love Match" or "Tennis Is a Ball." Adjustable; $6. Off Broadway, 139 W. 72nd St., New York 10023

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More on page 216

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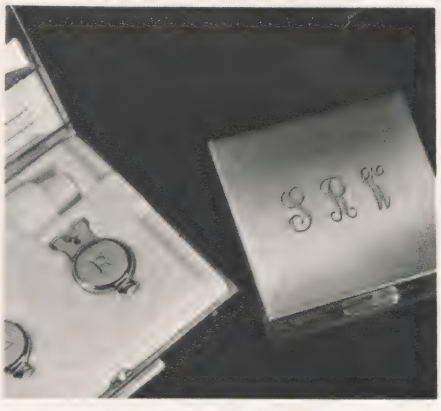

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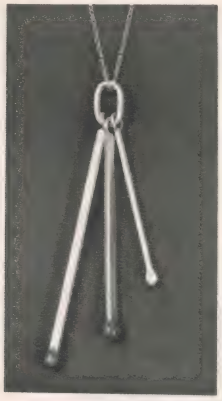

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More on page 218

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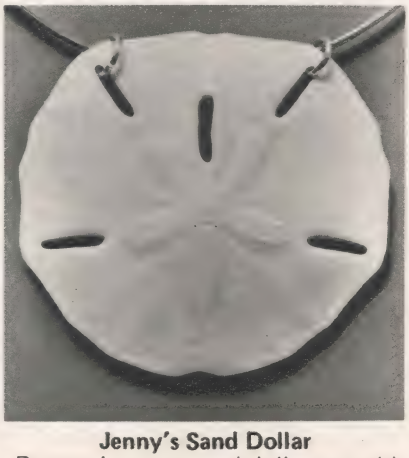

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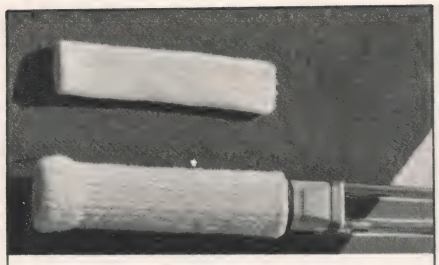

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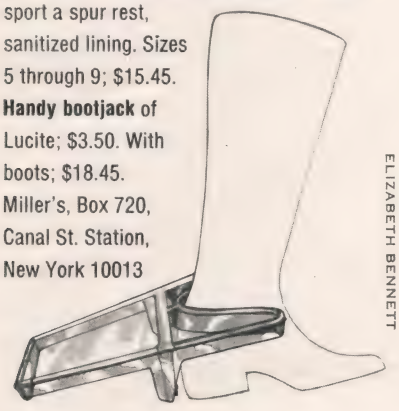
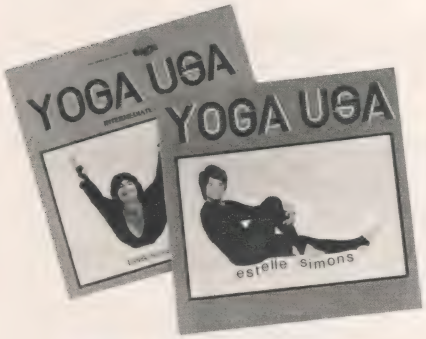


ELIZABETH BENNETT



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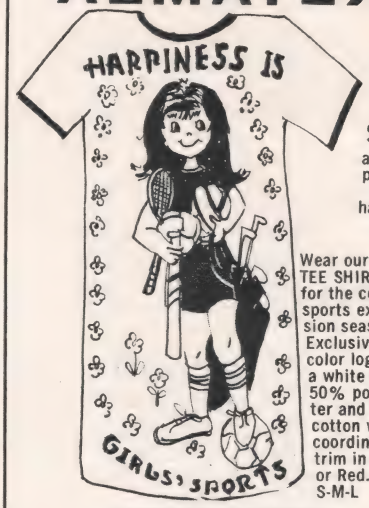

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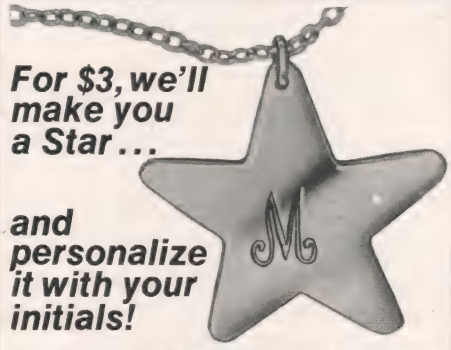

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. . . CELEBRITIES' KIDS . . .

continued from page 207

sure someone was going to shoot at us."

Vicki sat in the broadcast booth during the game and appeared on camera for thirty seconds near the end of the telecast. She was identified on the air as Frank Gifford's daughter. When she returned to U.S.C., she began receiving obscene phone calls and threatening mail. "Guys would call and tell me they were going to come to my room to get me. I was really afraid. I double-locked the door and was scared to leave the room. I got an unlisted phone number right away.

"I also get nervous watching my father when I'm with people who don't know I'm his daughter. I'm afraid people will say he's a jerk and hurt my feelings. It hurts me when people don't like my father. They don't know him as a person, just as a TV image."

"Are people constantly asking you what it's like to have a father on TV?" I asked.

"Yes, all the time. Some of the ones who ask are sincere. They mean well, so I'll tell them it's great. I've had a lot of advantages, traveled and met a lot of people," she said.

But there are other aspects that Vicki doesn't usually talk about. "It's very hard for me. People expect me to be someone I'm not and to know a lot about football when I don't. If I wasn't Frank Gifford's daughter, I could be freer about the things I do. I wouldn't feel like people were watching me all the time. My friends understand the pressure I'm under. They realize it isn't just lots of fun. It's something you have to get used to, and to do that, you have to harden yourself."

"What do you think you have to do in order to be Vicki Gifford, rather than an extension of your father?" I asked.

"Kids like us have to do more for ourselves than other kids," she replied. "I have to work especially hard to make my writing, or anything else I do, better than others'. Not to prove it to my father or to professors or anyone, but to prove to myself that I can do things.

"It's especially important for kids like us to be independent. And it's harder to build independence, because people are always connecting us back to our fathers."

Bader Howar led me upstairs to the tiny room she shares with a roommate at Rosemary Hall, a prep school in Wallingford, Connecticut. Her mother, Barbara Howar, formerly hosted her own syndicated talk show and is author of the recent best-seller *Laughing All the Way*, a book about Washington, D.C.

Bader made her public debut as the flower girl in Luci Baines Johnson's White House wedding. Since then, she has grown to be a slim, pretty fifteen-year-old, with dark blond hair and a bright smile.

"Being the daughter of a famous person doesn't seem special to me," Bader said. "It seems normal. It's what I'm used to. But I know my environment is different, and it is apparent when I bring friends home. Famous people are always dropping by for dinner or a visit, and when I see my friends sitting there with their mouths hanging open, then I realize what it must be like for them.

"My mother and Henry Kissinger are friends. Once I started to tell a story about him and described a trip we took together. I realized how terrible it sounded, like I was a name-dropper. I shut my mouth. Sometimes you just can't talk about people you know. It sounds too awful."

"Your mother has a reputation for being opinionated and outspoken, just like my father," I said. "Do people ever give you a hard time about her?"

"I've had people come up to me and tell me she's a bitch and a big-mouth. Friends have to hold me back," she said, clenching her fists, "to keep me from killing them. She's part of me, and I don't like anyone cutting down my family."

"This is your first year at Rosemary Hall. Your mother said you left home partly for the chance to be yourself. Is she right?" I asked.

"Yes. I didn't think anyone here would know who my mother is, and I could be more on my own. But they do know," she said. "Sometimes I wonder what it's like to be part of a normal suburban family and go to public school. I think it's important for me to live in a different town than my mother. That's one of the reasons I'm here. But even then, my name always clicks back to hers.

"There's a line in my mother's book in which I say that I want to be just like her. I want to vomit when I think of it. Not because I don't love her. I love her very much. But I want to be Bader, not Barbara. I just hope the connection doesn't follow me around forever."

"Would you miss having a famous mother?" I asked.

"Of course," Bader said, with her wide smile. "Some of the best times I've ever had are because I'm Barbara Howar's daughter. Some of it has been an awful lot of fun."

We Americans have developed an intense need for heroes, saviors and scapegoats. Public figures, whether in politics, entertainment, television or sports, are asked to fulfill our fantasies of how life should be lived. We take a family like the Kennedys and turn them into royalty. We feel as though we own them. We participate vicariously in their lives. Then we hate them when they act like normal people. They are supposed to be better than us, and they fail.

These expectations and demands apply not only to Sargent Shriver, Walter Cronkite, Frank Gifford, Barbara Howar and Howard Cosell. They are projected onto Maria, Chip, Vicki, Bader and me. People assume things about us and expect things from us that often have very little to do with who we are. Our parents lead public lives, and we are expected to give up much of our privacy to anyone who asks a question or comments about our parents.

So the five of us are forced to operate by different rules than the kids around us. Sometimes we lie about our names, avoid contact with people or mistrust those who want to be our friends. All of us are very close to our parents and feel we can talk to them. Perhaps it is especially important for us to be this way.

I don't think that any of us understands fully how we feel about living in the shadow of fame. I don't know if we can ever come to a complete understanding of it.

This much, however, I do know. It is a difficult situation, and we have been deeply affected by it.

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Can diet and exercise make you the next Chris Evert?

They can definitely help! Try these winning ideas for high-energy eating (see pages 170-171)

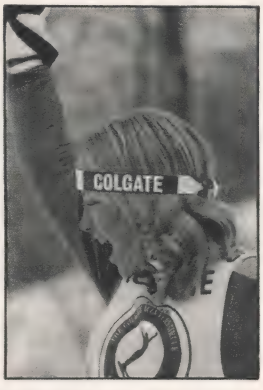
When we asked the two hundred finalists in SEVENTEEN's tennis tournament about their favorite foods and eating habits, most of the answers led straight to "a nutritious, well-balanced diet."

What makes up this ideal combination? In a nutshell, every day have at least:

2 servings protein food (an occasional steak is okay, but eat chicken, fish, eggs, cheese, beans and peanuts too)
4 servings whole or skim milk, yogurt, cheese, ice cream
4 servings cereal, bread, rice, pasta
4 servings fruits and vegetables (one citrus fruit or vitamin C source, one leafy green or yellow vegetable to meet vitamin A requirements)

The basic groups allow leeway for the good foods you like best. That's important—food gives you a psychological boost too. Here, favorite recipes from top athletes.

What to eat before a meet? Suzy likes a breakfast of granola, yogurt and fresh fruit or a nutritious blender drink. If you have pregame nerves, a liquid meal may be easier to take than a solid one; try the recipe below or a commercially prepared product.



Blond Suzy Chaffee, former Olympic skier, will compete in the Colgate World Trophy Freestyle championships this month

SUZY'S DRINK

1 medium fresh peach, pitted, *or* 1 large canned peach half
½ ripe banana
½ cup plain yogurt
½ cup apple cider or apple juice
2 ice cubes
1 teaspoon honey
1 tablespoon plain or vanilla flavored Tiger's Milk

Combine all ingredients in blender container; cover and whirl at medium speed until smooth. Makes one serving.

Francie tends to shy away from sweets and eat generous amounts of fruit. Her quick blender drink is perfect for someone who's always on the go.

FRANCIE'S ORANGE BANANA NOG

1 seedless orange, peeled
½ ripe banana
¼ cup milk
1 egg
1 teaspoon honey
2 ice cubes

Cut orange and banana into bite-size pieces. Place orange in blender container; cover; whirl at medium speed until well blended. Add remaining ingredients; cover and whirl again until smooth. Serves one.

Francie Larrieu, winner of the 1976 Sunkist Invitational Track Meet, holds five world's records in long-distance running

On the day of a meet," Francie says, "I usually eat spaghetti or lasagna or some other high-carbohydrate dish." Here's a good one to try.

PASTA PANCAKE

2 cups cooked spaghetti, drained well (about 3 oz. uncooked)
1 egg, well beaten
¼ cup grated Parmesan cheese
¼ teaspoon salt
Dash pepper
1 oz. sliced ham, diced
2 tablespoons butter or margarine, divided

In a medium-size bowl, combine all ingredients except butter; mix well. Heat one tablespoon of the butter in a skillet. Place half the spaghetti mixture in center of pan; press down firmly with spatula to make a ¾-inch-thick pancake. Cook until bottom is golden brown; turn pancake and cook until golden brown. Repeat with remaining butter and spaghetti mixture. Serves two, one pancake each.

I play better when I'm a little hungry," says nineteen-year-old Amy (see story in the March SEVENTEEN). She gets the day going with a good breakfast and finishes with a light dinner in the early evening. Here's her recipe for a satisfying (but not heavy) high-protein dish that's easy and flavorful too.

Champion golfer Amy Alcott took first place at the 1975 Orange Blossom Classic in Florida

BLINTZ SOUFFLE A LA ALCOTT

1 pkg. (15 oz.) frozen cheese blintzes
3 tablespoons melted butter
2 tablespoons sugar
2 eggs, slightly beaten
⅛ teaspoon salt
¾ teaspoon vanilla
½ teaspoon grated orange rind
¼ cup orange juice
¾ cup dairy sour cream
Ground cinnamon

Place blintzes in a single layer in a greased 9-by-5-by-3-inch loaf pan. Combine remaining ingredients except cinnamon; mix well. Pour over blintzes. Sprinkle top with cinnamon. Bake at 375° F. for one hour. Serve at once. Makes three servings.

Margie Mahoney of Anchorage, Alaska, is a member of the Cross-Country Squad of the U.S. Olympic Ski Team

Portable high-energy snacks for any kind of weather are popular with skiers (hikers and bikers too). "They're great to take along in your pocket," says Margie. "Or keep them in your locker to snack on." Every athlete has her favorite version; here's Margie's mix for ski trips.

MARGIE'S GORP

1 cup seedless raisins
1 cup dried banana
1 cup soy nuts
1 cup granola

Combine all ingredients and mix well. Makes 4 cups.

Check this grocery order for the Summer Olympics: To feed the 10,000 athletes in Montreal next August, planners are ordering 750,000 pounds of fruits and vegetables, 285,000 quarts of milk, 65,000 steaks, 64,000 loaves of bread and 55,000 gallons of ice cream!

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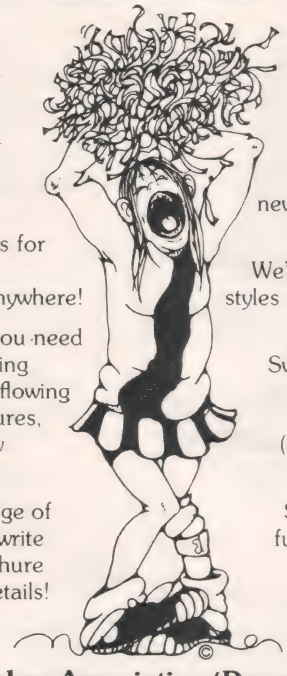

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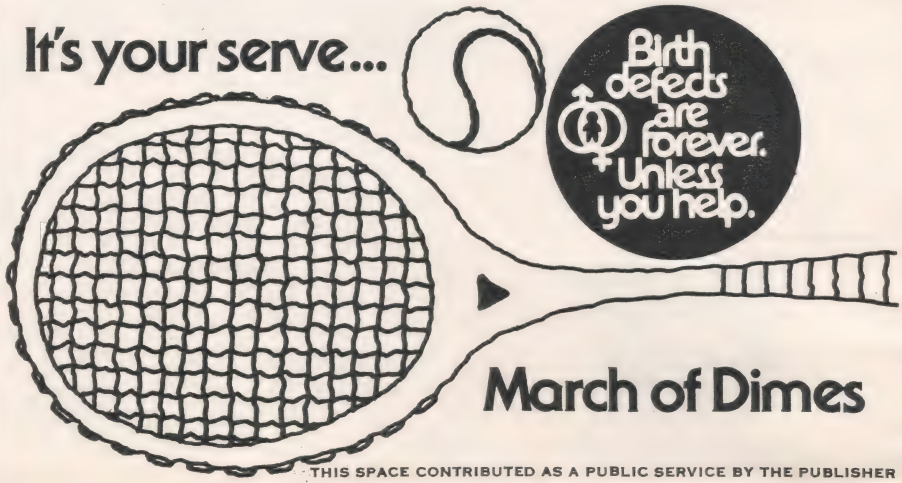

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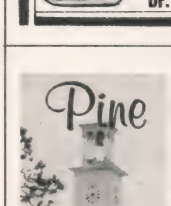

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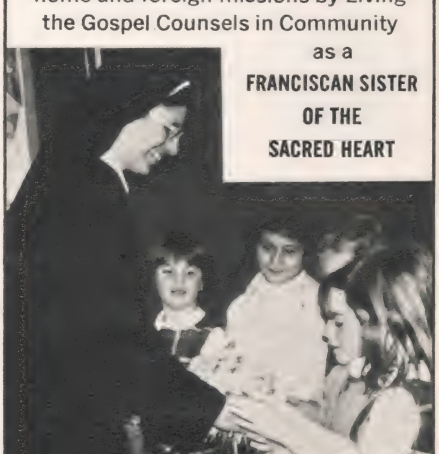

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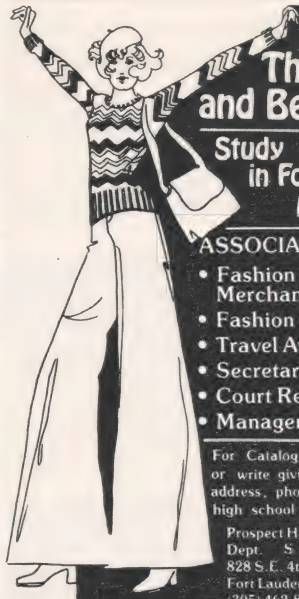

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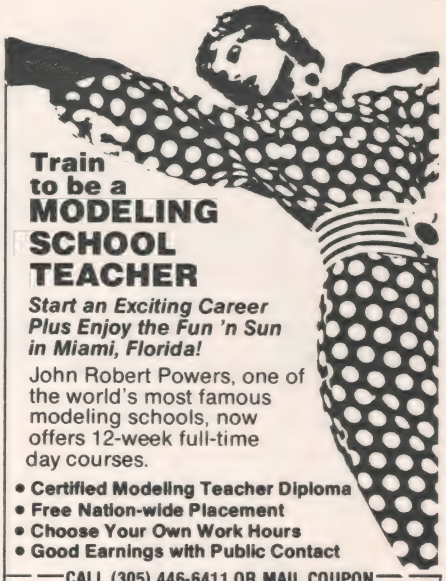

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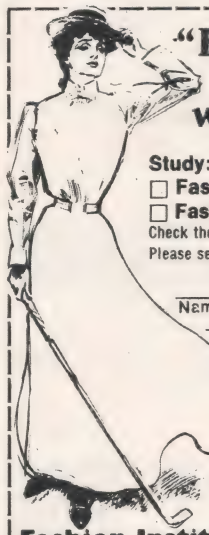

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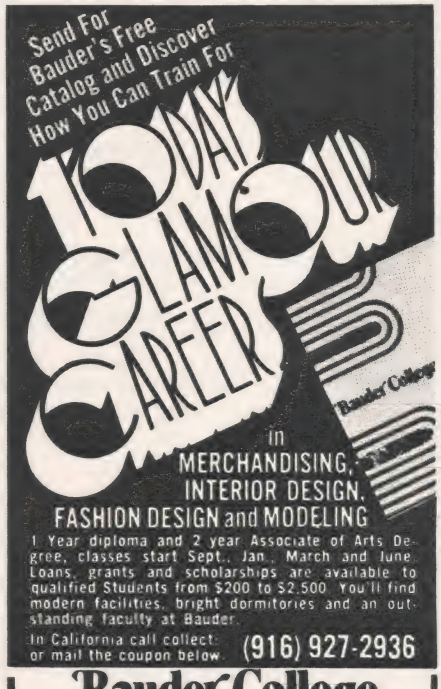

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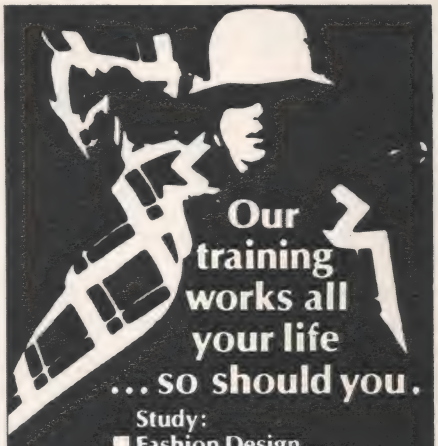

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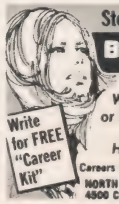

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Pages 192-193: Blue Ultra Plaid twin-size sheets, pillowcases and comforter; and Ultra Stripe king-size flat sheets, used to wrap box spring and cover walls, and pillowcases, all by Angelo Donghia for Utica Fine Arts by J. P. Stevens, 1185 Avenue of the Americas, New York 10036. Chinese Natural Maize rugs (6 by 9 feet, each $75), from Import Specialists, 82 Wall St., New York 10005. Holiday chair in natural canvas, also shown folded in bottom inset on page 193 ($99), by Easy Livin', Division of Burris Industries, Box 698, Lincolnton, N. C. 28092. Universal Jr. all-wood drawing board (24 by 36 inches, $61.40) and Luxo LSX-1 Flair chrome clamp-on lamp ($80), from Sam Flax, 25 East 28th St., New York 10016. Unfinished wooden stool (24 inches high, $9.72), from Furniture In The Raw, 1015 Second Ave., New York 10022. Lettera 25 beige portable typewriter ($79.50) by Olivetti Corp. of America, 500 Park Ave., New York 10022. Splatter blue pottery vase ($11.95) and plaid ceramic mug ($2.95), from Azuma.* Queen-size fiberfill pillows on bed (each $9), from J. Schachter Corp., 115 Allen St., New York 10002. On wall over bed: natural wood expandable mug racks (each $1.19), patchwork fabric cap ($8.95), Indian cotton purse belt ($3.79) and bamboo flute ($3.95), all from Azuma.*

Page 193, *insets:* Honeyshuck Farm collection pine-finish hall mirror unit, also shown in bottom inset ($250), by Lane Co., Altavista, Va. 24517. Large Mexican multicolored woven tote bag ($4.49), from Azuma.* Denim umbrella ($10.95), from The Pottery Barn, 117 East 59th St., New York 10022. Maxply Fort tennis racket ($50) and racket press ($5.50) by Dunlop Sports Co., Box 1109, Buffalo, N.Y. 14240. Trophy Deluxe white tennis shoes ($14) by Uniroyal PRO Keds, at B. Altman, Dept. 74, Fifth Ave. at 34th St., New York 10016. Charlie perfumed dusting powder (5 ounces, $7.50) and cologne (8 ounces, $9) by Revlon, at the Charlie counter in leading department stores. Navy stretch terry jacket by Profile. Yellow three-speed girls' bike ($75), from Stuyvesant Bike, 10 East 13th St., New York 10003. Maxply Fort tennis racket ($50) and yellow tennis racket cover ($3.50) by Dunlop Sports Co., Box 1109, Buffalo, N.Y. 14240. Bicycle tennis racket clamp ($5.90 postpaid), from The Paragon, 37 Main St., Westerly, R.I. 02891. Co-Ed field hockey stick ($8.50) by General Sportcraft Co., Ltd., at sporting goods and department stores. Yellow ski boots ($140), from Scandinavian Ski Shop, 40 West 57th St., New York 10019. On shelves, left to right, from top: Fabric airplane toy ($14.95), from The Pottery Barn, 117 East 59th St., New York 10022. Beaded macrame plant hangers (each $2.49) and wicker suitcase ($12.49), from Azuma.* Sun and field scene box-print ($5 postpaid) by Figi/Wilson, Box 81515, 715 J St., San Diego, Calif. 92138. Blue and white fabric pencil ($10), from Alan Spigelman, at Eclat, 6 Spencer Pl., Scarsdale, N.Y. 10583. AM/FM stereo receiver with 8-track cartridge player (comes with two speakers, shown on an upper shelf, $150; turntable unit, shown lower right, $75 additional) by General Electric, Audio Electronics Dept., Syracuse, N.Y. 13201. Hanging on wooden hay rack: Blue skis with bindings ($180) and ski poles ($25 a pair), from Scandinavian Ski Shop, 40 West 57th St., New York 10019. Ski goggles ($7), from Cortina Ski Co., 521 West 23rd St., New York 10011. Honeyshuck Farm collection pine-finish four-drawer chest and end table/chest (each $150) by Lane Co., Altavista, Va. 24517.

Page 194, *insets:* Go 'N Up collection white open bookcase units (each $126) and Windermere white five-drawer chests (each $160) by Lea Industries, Box 25476, Richmond, Va. 23260. White Formica shelving (36 by 14 inches, each $11.50), white wall standards ($1.25 a foot) and white brackets (12-inch, each $1.80), all from The Door Store, 210 East 51st St., New York 10022. Excelon Feature white vinyl/asbestos floor tiles (12 inches square, 60¢ a square foot including installation) by Armstrong, available through flooring contractors. White bentwood hairpin armchair with cane seat (34 inches high, $45), from The Door Store, 210 East 51st St., New York 10022. Window box stretcher print kit (includes fabric panel, 24-by-26-inch frame and assembly instructions, $9.50 postpaid), from Fabrications, 246 East 58th St., New York 10022. Open-weave lidded boxes ($2.95 and $4.95) and large doll in gingham outfit ($11.95), from Azuma.* Chinese Carp kite ($6.50), from Go Fly A Kite, 1434 Third Ave., New York 10028 (catalog available for 50¢). Scarborough blue and white cotton fabric with Scotchgard finish, shown throughout (48 inches wide, $6 a yard), by P. Kaufman Fabrics, at Bloomingdale's, 1000 Third Ave., New York 10022. Pillow forms for all cushions (15 inches square, each $4) by Mirafoam, 261 Fifth Ave., New York 10016. White plastic planters used as wall storage units (each $4.50) by Kartell, from Alternatives, 1491 Third Ave., New York 10028. In planters on wall: Spool of kite-flying thread ($4), from Go Fly A Kite, 1434 Third Ave., New York 10028. Tennis balls (can of 3, $3) by Dunlop Sports Co., Box 1109, Buffalo, N.Y. 14240. Charlie cologne (8 ounces, $9) by Revlon, at the Charlie counter in major department stores. White electric ZIP black and white and color camera ($23.95) by Polaroid Corp., Cambridge, Mass. 02139. Splash Auto-Zero scale ($15) by Detecto, at leading department stores. Jump rope ($3.60) by General Sportcraft Co., Ltd., at sporting goods and department stores. Trophy Deluxe white tennis shoes ($14) by Uniroyal PRO Keds, at B. Altman, Dept. 74, Fifth Ave. at 34th St., New York 10016. White ladies' ice skates ($29.95), from Princeton Skate and Ski Chalet, 379 Fifth Ave., New York 10016. White volleyball ($27) by General Sportcraft Co., Ltd., at sporting goods and department stores. White watering can ($4.95), from The Pottery Barn, 117 East 59th St., New York 10022. Adjustable white wall lamp ($25) by Basic Concepts, Ltd., at The Workbench, 470 Park Ave. South, New York 10016. White plastic desk clock with side compartment for pens and pencils ($15) by Bulova, 630 Fifth Ave., New York 10020. Studio 46 blue portable typewriter ($149.50) by Olivetti Corp. of America, 500 Park Ave., New York 10022. White hard vinyl hand, shown holding fan (screws into wall, $15 a pair), by Squire & Small, at Jenny B. Goode, 1194 Lexington Ave., New York 10028. Paper fan (89¢), from Azuma.* Plants-At-A-Glance clear acrylic plant care flip-file ($11 postpaid) by Plants-At-A-Glance Corp., Box 273-S, Pleasantville, N.Y. 10570.

Page 195: The Organizer (holds tennis rackets, tennis ball cans and has hooks for hanging other items; chrome-plated steel, $5.75 postpaid), from The Paragon, 37 Main St., Westerly, R.I. 02891. Maxply Fort tennis rackets (each $50), racket press ($5.50) and tennis balls (can of 3, $3), all by Dunlop Sports Co., Box 1109, Buffalo, N.Y. 14240. Blue and white striped T-shirt by Cat Too, Division of Catalina. White bookends($5 a pair), from The Pottery Barn, 117 East 59th St., New York 10022. Baskets holding plants (79¢ and 95¢), from Azuma.* Tennis Ace wood-framed plaque (brass plate at bottom says "Your Service Makes Me Nervous," $9 postpaid) by Figi/Wilson, Box 81515, 715 J St., San Diego, Calif. 92138. White modular four-piece component stereo (comes with dust cover, $59.95) by Emerson, 5802 Third Ave., Brooklyn, N.Y. 11220. Trim Line white push-button wall phone from The New York Telephone Company. Outline quilted bedspread, custom-made by Masterloom Industries, Ltd., 115 Myrtle Ave., Brooklyn, N.Y. 11201. Adjustable white floor lamp with swivel head ($45) by Basic Concepts, Ltd., at The Workbench, 470 Park Ave. South, New York 10016.

*Azuma, 415 Fifth Ave., New York 10016.

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Get your spring-cleaning going full steam ahead—enroll in SEVENTEEN's Decorating Workshop at any of the stores listed below (just call the interior design or special events department). In six illustrated lessons you'll learn about furniture arrangement and balance; different periods of furniture; wood finishes and upholstery; colors and patterns; walls and windows; table settings and home accessories. Let SEVENTEEN help you spruce up for spring!

Annapolis, Md. ..... Woodward & Lothrop
Arlington Heights, Ill. .....Joseph Schneller Co.
Billings, Mont. .....Hart-Albin
Charlotte, N. C. .....Ivey's
Cincinnati, Ohio .....Shillito's
Cleveland, Ohio .....Halle's
Colonie, N.Y. .....Alpert's Furniture Showrooms
Dallas, Tex. .....Titche's (Northpark)
Denver, Colo. .....The Denver
Frankfort, Ind. .....Holthouse Furniture
Franklin, Ind. .....Holthouse Furniture
Grand Rapids, Mich. .....Steketee's
Greensburg, Ind. .....Holthouse Furniture
Greenville, Ohio .....Holthouse Furniture
Greenville, S. C. .....Ivey's
Honolulu, Hawaii .....C. S. Wo & Sons, Ltd.
Kalamazoo, Mich. .....Van's Airport Furniture
Lafayette, Ind. .....Loeb's Furniture Galleries
Mankato, Minn. .....Landkemer's
Meadville, Pa. .....J. H. Nunn Co.
Muncie, Ind. .....Holthouse Furniture
Muskegon, Mich. .....Hardy-Herpolsheimer's
New Bedford, Mass. .....U.S. Furniture
New Castle, Pa. .....Haney Furniture Co.
Park City, Ill. .....Blumberg's Furniture Square
Pittsburgh, Pa. .....Joseph Horne Co.
Portland, Oreg. .....Gevurtz Furniture Co.
Raleigh, N. C. .....Ivey's
Richmond, Ind. .....Holthouse Furniture
Rochester, N.Y. .....McCurdy's
Salem, Oreg. .....Hogg Brothers
San Antonio, Tex. .....Joske's
Seekonk, Mass. ...Alpert's Furniture Showrooms
Stroudsburg, Pa. .....Wyckoff's
Syracuse, N.Y. .....Dey Bros.
Tacoma, Wash. .....Schoenfeld's
Williamsville, N.Y. ..Alpert's Furniture Showrooms

Advertisement

Doctor-tested medication works fast for hours to help

Stop Feminine Itching

Brings prompt temporary relief from vaginal itching and burning.

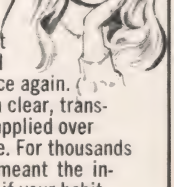
If you suffer from external vaginal itching, there is now a creme medication specifically formulated to bring fast, temporary relief. Called Vagisil™, it's available without a prescription.

Doctor-tested, this easy-to-apply medication helps stop external vaginal itching almost instantly. Yet it's gentle enough for tender, irritated membranes. Leaves a cooling, protective film to help check bacteria, soothe irritated membranes, speed natural healing.

Vagisil Creme Medication is delicately scented and greaseless. It's non-staining. You'll find it at all drug counters. **Vagisil**

In the privacy of your home

STOP NAIL BITING OVERNIGHT



Tension and worry cause nail biting. Nails once long and beautiful now appear ragged and ugly. Even soft, lovely hands lose their allure when nails have that bitten look.

Now there is a quick, simple way to stop nail biting . . . literally overnight the ugly habit is broken and nails begin to grow long once again.

Nailicure is available in a clear, transparent coating and can be applied over any color nail polish you use. For thousands of persons, Nailicure has meant the instant end of nail biting. So, if your habit persists leaving you with unsightly nails, order Nailicure now and stop nail biting in the privacy of your own home.

Money back guarantee certificate on every package is our way of assuring you Nailicure will work. Special price for ordering now is only $2.00 compared with the regular price of $2.50. Send check or money order (no C.O.D.'s) using the coupon below.

Nailicure— Dept. S3 13
Purepac Pharmaceutical Corp.
200 Elmora Avenue
Elizabeth, N.J. 07207

Please send bottle of Nailicure. Check or money order for $2.00 is enclosed. (No C.O.D.'s)

Name _____
Address _____
City _____
State _____ Zip _____

SUMMERGAMES

Watch for all sorts of sports-related events in the following stores, which are participating in SEVENTEEN's Summergames promotion (look for the symbol at left). These stores will have many of the fashions on the cover and on pages 151-167.

The stores displaying the symbol at right will have the official Tennis Tournament of Champions merchandise shown on the cover and pages 151-153

New York ..... Macy's

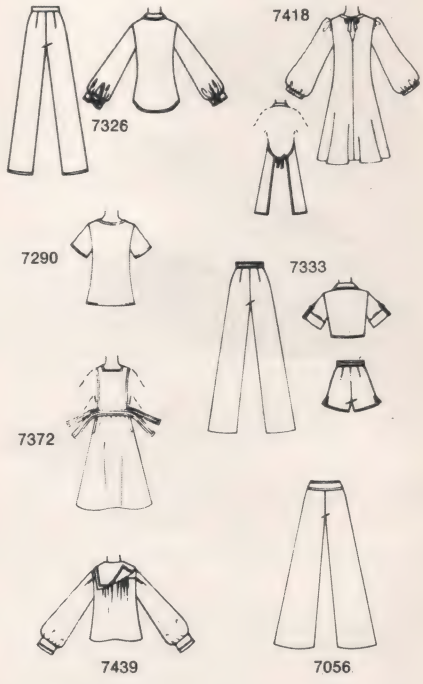
And in

Akron, Ohio ..... M. O'Neil
Albany, N.Y. ..... Macy's
Altamonte Springs, Fla. ..... Robinson's
Anaheim, Calif. ..... Robinson's
Ann Arbor, Mich. ..... Hudson's
Appleton, Wis. ..... Gimbels
Asheville, N. C. ..... Ivey's (also Asheville Mall)
Atlanta, Ga. ..... Rich's (all stores)
Auburn, Ala. ..... Gayfer's
Baltimore, Md. ..... Stewart's
Baton Rouge, La. ..... Maison Blanche
Beverly Hills, Calif. ..... Robinson's
Billings, Mont. ..... Hennessy's
Biloxi, Miss. ..... Gayfer's
Birmingham, Ala. ..... Rich's
Boardman, Ohio ..... Strouss (Southern Park)
Boston, Mass. ..... Jordan Marsh
Braintree, Mass. ..... Jordan Marsh
Brooklyn, N.Y. ..... Abraham & Straus
Buffalo, N.Y. ..... Hengerer's (all stores)
Burlington, Mass. ..... Jordan Marsh
Burlington, Vt. ..... Abernethy's
Butte, Mont. ..... Hennessy's
Canton, Ohio ..... M. O'Neil
Cerritos, Calif. ..... Robinson's
Champaign, Ill. ..... Robeson's
Chapel Hill, N. C. ..... Ivey's
Charleston, W. Va. ..... The Diamond
Charlotte, N. C. ..... Ivey's
Chattanooga, Tenn. ..... Miller Bros. (all stores)
Cheltenham, Pa. ..... Gimbels
Cheyenne, Wyo. ..... Wolfer's
Chicago, Ill. ..... Carson Pirie Scott
Cincinnati, Ohio ..... Shillito's (all stores)
Cleveland, Ohio ..... May Co. (all stores)
Colorado Springs, Colo. ..... May-D&F
Columbus, Ga. ..... Gayfer's
Columbus, Ohio ..... Lazarus
Concord, Calif. ..... Macy's
Corpus Christi, Tex. ..... Lichtenstein's
Dallas, Tex. ..... Titche's
Daly City, Calif. ..... Macy's Serramonte
Danville, Va. ..... Belk-Leggett (both stores)
Denver, Colo. ..... May-D&F
Detroit, Mich. ..... Hudson's
Eastchester, N.Y. ..... Lord & Taylor
Eastridge, Calif. ..... Macy's
Eatontown, N. J. ..... Hahne's
Elmhurst, N.Y. ..... Abraham & Straus
Fargo, N. Dak. ..... Dayton's
Fayetteville, Ark. ..... Boston Store
Flint, Mich. ..... Hudson's
Fort Collins, Colo. ..... May-D&F
Fort Lauderdale, Fla. ..... Jordan Marsh
Fort Smith, Ark. ..... Boston Store
Fort Wayne, Ind. ..... L. S. Ayres
Framingham, Mass. ..... Jordan Marsh
Gastonia, N. C. ..... Ivey's
Glendale, Calif. ..... Robinson's
Greater Northeast, Pa. ..... Gimbels
Greenville, S. C. ..... Ivey's
Harper Woods, Mich. ..... Hudson's
Harrisburg, Pa. ..... Gimbels
Helena, Mont. ..... Hennessy's
Hempstead, N.Y. ..... Abraham & Straus
Hollywood, Fla. ..... Jordan Marsh
Honolulu, Hawaii ..... Liberty House (all stores)
Houston, Tex. ..... Foley's (all stores)
Huntington, N.Y. ..... Abraham & Straus
Indianapolis, Ind. ..... L. S. Ayres (all stores)
Jackson, Miss. ..... Gayfer's
Jeffersonville, Ind. ..... Bacon's
King of Prussia, Pa. ..... Gimbels
Knoxville, Tenn. ..... Miller's
Lafayette, Ind. ..... L. S. Ayres
Lancaster, Pa. ..... Gimbels
Langhorne, Pa. ..... Gimbels
Laramie, Wyo. ..... Wolfer's
Lauderhill, Fla. ..... Jordan Marsh
Lawrenceville, N. J. ..... Hahne's
Lima, Ohio ..... Lazarus
Livingston, N. J. ..... Hahne's
Los Angeles, Calif. ..... Robinson's (all stores)
Louisville, Ky. ..... Bacon's (all stores)
Madison, Wis. ..... Gimbels
Mansfield, Ohio ..... Lazarus
Media, Pa. ..... Gimbels
Memphis, Tenn. ..... Goldsmith's
Miami, Fla. ..... Jordan Marsh (all stores)
Milwaukee, Wis. ..... Gimbels (all stores)
Minneapolis, Minn. ..... Dayton's (all stores)
Mobile, Ala. ..... Gayfer's (also Springdale Plaza)
Montclair, N. J. ..... Hahne's
Monterey, Calif. ..... Macy's
Montgomery, Ala. ..... Gayfer's
Moorestown, N. J. ..... Gimbels
New Haven, Conn. ..... Macy's
New Orleans, La. ..... Maison Blanche
Newark, N. J. ..... Hahne's
Newport Beach, Calif. ..... Robinson's
Niles, Ohio ..... Strouss (Eastwood Mall)
Ogden, Utah ..... ZCMI
Oklahoma City, Okla. ..... John A. Brown
Orem, Utah ..... ZCMI
Orlando, Fla. ..... Robinson's
Palm Springs, Calif. ..... Robinson's
Panorama City, Calif. ..... Robinson's
Paramus, N. J. ..... Abraham & Straus
Parkersburg, W. Va. ..... The Diamond
Pasadena, Calif. ..... Robinson's
Peabody, Mass. ..... Jordan Marsh
Pensacola, Fla. ..... Gayfer's
Philadelphia, Pa. ..... Gimbels
Pittsburgh, Pa. ..... Kaufmann's (all stores)
Pompano, Fla. ..... Jordan Marsh
Pontiac, Mich. ..... Hudson's
Puente Hills, Calif. ..... Robinson's
Raleigh, N. C. ..... Ivey's
Rochester, Minn. ..... Dayton's
Rochester, N.Y. ..... Sibley's
Sacramento, Calif. ..... Macy's
St. Louis, Mo. ..... Famous-Barr (all stores)
St. Paul, Minn. ..... Dayton's
St. Petersburg, Fla. ..... Robinson's
Salt Lake City, Utah ..... ZCMI (all stores)
San Diego, Calif. ..... Robinson's
San Francisco, Calif. ..... Macy's
San Jose, Calif. ..... Macy's Valley Fair
San Leandro, Calif. ..... Macy's Bayfair
San Mateo, Calif. ..... Macy's Hillsdale
San Rafael, Calif. ..... Macy's
Santa Barbara, Calif. ..... Robinson's
Sioux Falls, S. Dak. ..... Fantle's
South Bend, Ind. ..... L. S. Ayres
Southfield, Mich. ..... Hudson's
Spokane, Wash. ..... The Crescent
Stamford, Conn. ..... Lord & Taylor
Stanford, Calif. ..... Macy's
Stockton, Calif. ..... Macy's
Syracuse, N.Y. ..... Sibley's
Tallahassee, Fla. ..... Gayfer's
Tampa, Fla. ..... Robinson's (both stores)
Taylor, Mich. ..... Hudson's
Toledo, Ohio ..... Hudson's
Troy, Mich. ..... Hudson's
Tulsa, Okla. ..... John A. Brown
Tuscaloosa, Ala. ..... Gayfer's
Upper Darby, Pa. ..... Gimbels
Warwick, R. I. ..... Jordan Marsh
Washington, D.C. ..... Woodward & Lothrop (all stores)
West Hartford, Conn. ..... Lord & Taylor
West Palm Beach, Fla. ..... Jordan Marsh
Westfield, N. J. ..... Hahne's
Westland, Mich. ..... Hudson's
Westminster, Calif. ..... Robinson's
Westport, Conn. ..... Graffiti
Woodbridge, N. J. ..... Abraham & Straus
Woodland Hills, Calif. ..... Robinson's
Youngstown, Ohio ..... Strouss

MATCH UP THE MIXERS

Pattern information and where to find the fabrics for making the fashions shown on pages 182-185

Simplicity 7326, $1.50. Sizes 6-16. Top requires 2 yards of 45-inch fabric; pants require 2¼ yards of 45-inch fabric.
Simplicity 7418, $1.25. Sizes S-M-L. Dress requires 3½ yards of 45-inch fabric; apron requires 1⅝ yards of 45-inch fabric for size small.
Simplicity 7290, $1.25. Sizes XS-S-M-L. T-shirt requires ⅞ yard of 60-inch fabric for size small.
Simplicity 7333, $1.25. Sizes 6-14. Shirt requires 1⅝ yards of 45-inch fabric; pants require 2¼ yards of 45-inch fabric; shorts require 1 yard of 45-inch fabric.
Simplicity 7372, $1.50. Sizes 8-16. Jumper requires 2½ yards of 45-inch fabric.
Simplicity 7439, $1.50. Sizes P-S-M-L. Top requires 1⅞ yards of 45-inch fabric for size small; tie requires ⅝ yard of 45-inch fabric.
Simplicity 7056, $1.50. Sizes 8-16. Pants require 2⅜ yards of 45-inch fabric.
Unless otherwise indicated, yardages are approximate for size 10. Simplicity patterns are available in stores from coast to coast. To order by mail, send check or money order (no cash), size and pattern number(s) to: Simplicity Pattern Company, Dept. W.D., 901 Wayne Street, Niles, Michigan 49121. *Prices slightly higher in Canada.*



Pages 182-183
Earl-Glo brushed denim: for stores, write Earl-Glo, 119 West 40th Street, New York 10018.
Mission Valley (Division of WestPoint Pepperell) red and white gingham-check fabric: available at fine fabric and department stores.
V.I.P. cotton fabrics: for stores, write V.I.P., 1412 Broadway, New York 10018.
Fairtex red cotton knit: Mary Lester, all stores.
Pages 184-185
Ameritex ticking stripe: for stores, write Ameritex, 1407 Broadway, New York 10018.
Dan River blue and white gingham-check fabric: at most large J. C. Penney stores.
Wesco-Reltex (Division of Reliable Textile) white broadcloth: available at fine fabric and department stores.

Advertisement

ON THE COVER

Look smashing on and off the courts! Model Barbara Elliot has the know-how. Her face, neck and arms get protection with Good Nature All-Over moisturizer—it has a built-in sunscreen. For color, Transparent Blushing Gel in Clear Pink stays on until she takes it off! Lips have soothing cover with Poppy Serious lipstick shined with Good Nature lip gloss. Eye focus: Mountain Blue Smooth Finish shadow and water-resistant Clean Color mascara in Deep Brown. After the game, Ten-O-Six cleansing tissues wipe away dirt and perspiration. All, Bonne Bell. Makeup: Stan Place. Hair: Armando of Glemby International. Tennis dress (also shown on page 153): Chrissie Evert for Puritan by Jennifer Story; $27. Wear-Dated by Monsanto. For stores, see the list above. Our cover photographer is Patrice Casanova.

WHERE TO BUY...

the fashions and accessories shown on the cover and pages 36, 151-167 and 174-176. More stores are listed at left

Cover (also pages 151 and 153)
Chrissie Evert for Puritan white V-neck tennis dress, sizes 6-14: for stores, see opposite page.

Page 36
Turtle Bax denim skirts, sizes 3/4-13/14: for stores, write Turtle Bax, 1407 Broadway, New York 10018.
Lady Camp anklets, $2: Lord & Taylor, New York.
Famolare Sport sports sandals, $29: for stores, write Famolare, 4 West 58th Street, New York 10019.
Red I drawstring culottes, sizes 5-13: Macy's, New York.
Lady Camp knee socks, $2.50: Lord & Taylor, New York.
Jacques Cohen oxfords, $19: for stores, write Jacques Cohen, 1370 Sixth Avenue, New York, 10018. Espadrilles, $22: Bloomingdale's, New York.
St. Michel dirndl, sizes S-M-L: Bullock's, southern California.
Grasshoppers by Uniroyal flats, $8: Bullock's, southern California.
P. B. Hits hip-pleated skirt, sizes 3-13: Bloomingdale's, New York.
Divina sling-backs, $22: for stores, write International Shoe Company, 1509 Washington Ave., St. Louis, Missouri 63166.

Pages 152-153
Koret of California blazer and skirt, sizes 8-20, and shirt, sizes 8-18: Macy's, New York; Hengerer's, Buffalo; Stewart's, Baltimore; Gayfer's, Tallahassee, Jacksonville, Pensacola, Edgewater and Mobile. Blazer also available at Hahne's, Newark; Kaufmann's, Pittsburgh; Strouss, Ohio.
Get There by Famolare sandals, $28: Saks Fifth Avenue, New York.
Loomtogs Tennis Whites warm-up suit, sizes P-S-M-L: Macy's, New York; Abernethy's, Burlington; Jordan Marsh, Boston; Hengerer's, Buffalo; Lord & Taylor, Eastchester, West Hartford and Stamford; Kaufmann's, Pittsburgh; Gimbels, Philadelphia; The Diamond, Charleston; Stewart's, Baltimore; Belk-Legget, Danville; M. O'Neill, Akron; Strouss, Youngstown; Goldsmith's, Memphis; Hudson's, Detroit; L. S. Ayres, Indianapolis; Carson Pirie Scott, Chicago; John A. Brown, Oklahoma City; Wolfer's, Cheyenne.
Ultrasport Ltd. by Ruth Brahms scoop-neck tennis dress, sizes 6-16: for stores, write Ultrasport Ltd. by Ruth Brahms, 1400 Broadway, New York 10018.
Court 1 top and shorts set, sizes S-M-L: Macy's, New York; Jordan Marsh, Boston; Graffiti, Westport; John A. Brown, Oklahoma City.
Uniroyal PRO Keds tennis shoes, $15: Gimbels, New York.
Dunlop Sports Co. tennis racket, $56, and can of balls, $3: available in most sporting goods and department stores.

Pages 154-155
Bonnie August of Danskin tank top, sizes P-S-M-L: Macy's, New York; Hahne's, Newark; Sibley's, Rochester.
Ultrasport Ltd. by Ruth Brahms green track shorts, tank top and starred shorts, sizes XS-S-M-L: for stores, write Ultrasport Ltd. by Ruth Brahms, 1400 Broadway, New York 10018.
Judith Lowe tank top and shorts, sizes S-M-L: Macy's, New York; Abraham & Straus, Brooklyn.
Le Roi socks, under $2: Macy's, New York; Abraham & Straus, Brooklyn.
Danskin freestyle leotard, sizes S-M-L: Hahne's, Newark; Sibley's, Rochester; Ivey's, the Carolinas; Bacon's, Louisville; Hudson's, Detroit.
J. G. Hook T-shirt, sizes S-M-L: Bloomingdale's, New York; Ivey's, the Carolinas.
Miss Ingenue blue terry pants, sizes S-M-L: for stores, write Miss Ingenue, 1407 Broadway, New York 10018.
Koret of California rugby shirt, sizes S-M-L, and yellow terry shorts, sizes 6-16: for stores, write Koret of California, 1411 Broadway, New York 10018.
Weyless Industries cyclist's gloves, $11: Stuyvesant Bicycle, New York.

Pages 156-157
Topaz gray sweat shirt and pants suit, sizes S-M-L: for stores, write Topaz, 350 Fifth Avenue, New York 10036.
Miss Ingenue red/white stripe tank, sizes S-M-L: Graffiti, Westport.
Trafalgar Square shorts, sizes 5-13: Gimbels, New York; Graffiti, Westport; Robinson's, southern California.
Hang Ten T-shirt and jacket, sizes S-M-L: for stores, write Hang Ten, 1010 Sycamore Avenue, South Pasadena, Calif. 91030.
P. B. Hits shorts, sizes 3-13: Bloomingdale's, New York; Liberty House, Hawaii.
Wrangler Sportswear short overalls, sizes 3/4-17/18: for stores, write Wrangler, 1411 Broadway, New York 10018.
Trousers Up T-shirt, sizes S-M-L: Bloomingdale's, New York; Robinson's, Florida; Hudson's, Detroit.
Red I halter, sizes S-M-L, and pants, sizes 5-13: for stores, write Red I, 1411 Broadway, New York 10018.
Jump for Charley top, sizes S-M-L: Abraham & Straus, Brooklyn; Graffiti, Westport; Shillito's, Cincinnati; Strouss , Youngstown; Goldsmith's, Memphis.
Ardee shorts, sizes 5-13: Lord & Taylor, New York; Robinson's, Florida; Jordan Marsh, Florida.
Chego T-shirt, sizes S-M-L: B. Altman, New York; John A. Brown, Oklahoma City.
Wrangler Sportswear shorts, sizes 3/4-17/18: Gimbels, New York; Shillito's, Cincinnati; Hudson's, Detroit.
Riviera sunglasses, $6: Abraham & Straus, Brooklyn.

Pages 158-159
Monika for Elon fuchsia bikini, sizes 5/6-13/14: Bonwit Teller, New York; Lord & Taylor, Eastchester, West Hartford and Stamford; Kaufmann's, Pittsburgh; Hudson's, Detroit; Robeson's, Champaign.
Bobbie Brooks green bikini, sizes 3-13: B. Altman, New York; Jordan Marsh, Boston; Carson Pirie Scott, Chicago; L. S. Ayres, Indianapolis; Macy's, San Francisco.
High Tide red maillot, sizes 5-13: Macy's, New York; Hahne's, Newark.
Jantzen Label 4 Jrs. blue tank suit, sizes 5-13: for stores, write Jantzen, 1411 Broadway, New York 10018.
Marilyn K. of California royal blue maillot, sizes 6-16: Abraham & Straus, Brooklyn; Jordan Marsh, Boston.
Zazz for Harbour Casuals fuchsia maillot, sizes 6-14: Abraham & Straus, Brooklyn; Kaufmann's, Pittsburgh; Hudson's Detroit; John A. Brown, Oklahoma City.
Kleinert's bathing caps, each $1.39: available at drug and variety stores.

Pages 160-161
Monika for Elon jumpsuit, sizes S-M-L: Bonwit Teller, New York; Graffiti, Westport; Hudson's, Detroit.
Trafalgar Square turtleneck, sizes S-M-L, and pants, sizes 5-13: Bonwit Teller, New York; Graffiti, Westport; The Diamond, Charleston; Gimbels, Milwaukee. Turtleneck also available at Robinson's, Florida.
Strawberry Plant clam-diggers, sizes 3-13: B. Altman, New York; Ivey's, the Carolinas; Hudson's, Detroit.
Chego T-shirt, sizes S-M-L: Bloomingdale's, New York; Sibley's, Rochester; John A. Brown, Oklahoma City.
Glentex scarf, $6: Bloomingdale's, New York.
Catalina Jrs. star print maillot, sizes 5-13: Gimbels, Philadelphia; Lord & Taylor, Eastchester, West Hartford and Stamford; The Diamond, Charleston; Gayfer's, Tallahassee, Jacksonville, Pensacola, Edgewater, Mobile; Strouss , Youngstown; Bacon's, Louisville; John A. Brown, Oklahoma City; The Crescent, Spokane; Liberty House, Hawaii.
Monika for Elon striped maillot, sizes 5/6-13/14: Bonwit Teller, New York; Lord & Taylor, Eastchester, West Hartford and Stamford; Kaufmann's, Pittsburgh; Hudson's, Detroit; Robeson's, Champaign.
Speedo Olympic racing suit, sizes 30-38: Macy's, New York; Sibley's, Rochester; L. S. Ayres, Indianapolis.

Pages 162-163
Spalding short jumpsuit, sizes 6-12, and matching jacket, sizes S-M-L: Macy's, New York.
Chrissie Evert for Puritan terry warm-up suit and shorts, sizes S-M-L: Macy's, New York; Abernethy's, Burlington; Sibley's, Rochester; Kaufmann's, Pittsburgh; M. O'Neil, Akron; Strouss, Youngstown; Bacon's, Louisville; Robeson's, Champaign; Carson Pirie Scott, Chicago; L. S. Ayres, Indianapolis; John A. Brown, Oklahoma City; Titche's, Dallas. Suit also available at Belk-Leggett, Danville; Robinson's, southern California. Shorts also available at Fantle's, Sioux Falls; Foley's, Houston.
Cat Too (Division of Catalina) U-neck top, sizes S-M-L: Kaufmann's, Pittsburgh; Jordan Marsh, Florida; Strouss, Youngstown; Bacon's, Louisville; Hudson's, Detroit; Carson Pirie Scott, Chicago; Gimbels, Milwaukee; John A. Brown, Oklahoma City.
Number 1 Sun (Division of Head) shorts, sizes 6-16: Hahne's, Newark; Robinson's, southern California.
Jantzen Label 4 Jrs. tank top, sizes S-M-L: for stores, write Jantzen, 1411 Broadway, New York 10018.
Court 1 shorts, sizes 6-14: Graffiti, Westport.
Chrissie Evert for Puritan matching top and skirt, sizes 6-14: Macy's, New York; Abernethy's, Burlington; Sibley's, Rochester; Jordan Marsh, Boston and Florida; Kaufmann's, Pittsburgh; Hahne's, Newark; Stewart's, Baltimore; Gayfer's, Tallahassee, Jacksonville, Pensacola, Edgewater, Mobile; Robinson's, Florida; The Diamond, Charleston; Lazarus, Columbus; M. O'Neil, Akron; Strouss, Youngstown; Bacon's, Louisville; Robeson's, Champaign; Carson Pirie Scott, Chicago; Hudson's, Detroit; L. S. Ayres, Indianapolis; John A. Brown, Oklahoma City; Titche's, Dallas; Foley's, Houston; Wolfer's, Cheyenne; Robinson's, southern California; The Crescent, Spokane; Liberty House, Hawaii.
Le Roi anklets, $1.15: Macy's, New York.
Keds sneakers, $16: Lord & Taylor, New York.
Loomtogs Tennis Whites jacket and pants, sizes P-S-M-L: Macy's, New York; Abernethy's, Burlington; Jordan Marsh, Boston; Kaufmann's, Pittsburgh; Gimbels, Philadelphia; The Diamond, Charleston; Gayfer's, Tallahassee, Jacksonville, Pensacola, Edgewater, Mobile; Strouss, Youngstown; M. O'Neil, Akron; Hudson's, Detroit; Carson Pirie Scott, Chicago; John A. Brown, Oklahoma City; Wolfer's, Cheyenne.
Ray Ban by Bausch & Lomb aviator sunglasses (from the Olympic Games collection), $23: at fine optical stores.

Pages 164-165
Spalding tennis dress, sizes 6-14: Macy's, New York; Gimbels, Philadelphia and Milwaukee; L. S. Ayres, Indianapolis.
Trimfit socks, $1.75: Lord & Taylor, New York.
Billie Jean King for C P S tennis dress, sizes S-M-L: Rich's, Atlanta; Lazarus, Columbus; Robinson's, Beverly Hills.
Le Roi socks, $1.15: Macy's, New York.
Chrissie Evert for Puritan tennis dress, sizes 6-14: Macy's, New York; Abernethy's, Burlington; Sibley's, Rochester; Jordan Marsh, Boston and Florida; Kaufmann's, Pittsburgh; Stewart's, Baltimore; Belk-Leggett, Danville; Gayfer's, Tallahassee, Jacksonville, Pensacola, Edgewater, Mobile; Robinson's, Florida; The Diamond, Charleston; Lazarus, Columbus; M. O'Neil, Akron; Strouss, Youngstown; Bacon's, Louisville; Robeson's, Champaign; Carson Pirie Scott, Chicago; Hudson's, Detroit; Fantle's, Sioux Falls; John A. Brown, Oklahoma City; Titche's, Dallas; Foley's, Houston; Wolfer's, Cheyenne; Liberty House, Hawaii.
Number 1 Sun (Division of Head) tennis dress, sizes S-M-L: Hahne's, Newark.
Judith Lowe jacket, T-shirt and skirt, sizes S-M-L: Macy's, New York; Belk-Leggett, Danville.
Kim Morgen tennis dress, sizes 7-15: Macy's, New York; Belk-Leggett, Danville; Jordan Marsh, Florida; Robinson's, Florida; Lazarus, Columbus; Hudson's, Detroit; L. S. Ayres, Indianapolis; Gimbels, Milwaukee; Robeson's, Champaign; Fantle's, Sioux Falls; John A. Brown, Oklahoma City; Titche's, Dallas; Foley's, Houston.

Pages 166-167
Gossard bra: Wanamaker's, New York; Jordan Marsh, Boston and Florida; Hudson's, Detroit.
Lollipop-Modern Globe bikini: Macy's, New York; Hengerer's, Buffalo; Hudson's, Detroit; Robinson's, southern California.
Danskin bra and bikini: for stores, write Danskin, 1114 Avenue of the Americas, New York 10036.
Chicas by Formaid bra and brief: B. Altman, New York; Jordan Marsh, Boston. Bra also available at Robinson's, southern California.
Warners bra and brief: Abraham & Straus, Brooklyn; Jordan Marsh, Boston and Florida; Hengerer's, Buffalo; Ivey's, the Carolinas; M. O'Neill, Akron; Bacon's, Louisville; Hudson's, Detroit; Dayton's, Minneapolis; Robeson's, Champaign; May-D&F, Denver; Titche's, Dallas.
Donald Brooks for Maidenform bra and **Maidenform** brief: Abraham & Straus, Brooklyn; Jordan Marsh, Boston and Florida; Hengerer's, Buffalo; Ivey's, the Carolinas; Rich's, Atlanta; Hudson's, Detroit; Dayton's, Minneapolis; May-D&F, Denver.
Olga bra and bikini: available in May at Bloomingdale's, New York; Hengerer's, Buffalo; Woodward & Lothrop, Washington, D.C.; Stewart's, Baltimore; Ivey's, the Carolinas; Jordan Marsh, Florida; Strouss , Youngstown; Bacon's, Louisville; Hudson's, Detroit; Robeson's, Champaign; Dayton's, Minneapolis; Wolfer's, Cheyenne.
Kayser bra and hipster: Jordan Marsh, Florida; Strouss, Youngstown; Dayton's, Minneapolis; Hudson's, Detroit.

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Danskin leotards and tights: Woodward & Lothrop, Washington, D.C.; Jordan Marsh, Boston; Hudson's, Detroit; Famous-Barr, St. Louis.
Top right photo: **Miss Ingenue** multicolored terry hooded jacket, $13, and pants, $13, sizes S-M-L: for stores, write Miss Ingenue, 1407 Broadway, New York 10018.
Bottom right photo: **Loomtogs Tennis Whites.** Women's white terry warm-up suit with red trim (left), $46, sizes P-S-M-L: Macy's, New York; Abernethy's, Burlington; Jordan Marsh, Boston; Kaufmann's, Pittsburgh; Gimbel's, Philadelphia; The Diamond, Charleston; Gayfer's, Tallahassee, Jacksonville, Pensacola, Edgewater, Mobile; Strouss', Youngstown; M. O'Neil, Akron; Hudson's, Detroit; Carson Pirie Scott, Chicago; John A. Brown, Oklahoma City; Wolfer's, Cheyenne. Men's white terry warm-up suit (right), $50, men's sizes S-M-L: Lord & Taylor, New York.

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Top left photo, near figure: **Danskin** freestyle leotard/swimsuit, $13.50, sizes S-M-L: Woodward & Lothrop, Washington, D.C.; Jordan Marsh, Boston; Famous-Barr, St. Louis.
Bottom photo: **Jantzen Label 4 Jrs.** red/white stripe cotton bathing suit (left), $15, sizes 5-13: for stores, write Jantzen, 1411 Broadway, New York 10018.
Zazz for Harbour Casuals screen-printed yellow maillot (right), $26, sizes 6-14: Macy's, New York Herald Square; Famous-Barr, St. Louis.

ON THE TRACK

Jump over the hurdles with Stephanie Vega (below), a seventeen-year-old senior at Midwood High School in Brooklyn, New York. Her goal: the Olympics. What can track offer you? Exhilaration, a feeling of independence and a super way to keep in shape. The total cost: lots of energy and a pair of shoes!

WARM UP

Rev up your circulation and tone your body with exercises like these

DICK LEWIS

Improve foot flexibility: Sit on a low stool; extend both legs. Curl toes tightly; hold. Then stretch toes as far apart as possible; hold. Relax; repeat ten times. Next, extend one leg. Pushing hard with heel, rotate ankle in one direction, then in the other. Circle ten times in each direction. Switch legs and repeat.

Develop calf muscles: Standing, rise on your toes; stretch hard from knees. Hold for count of ten; relax down. Five times.

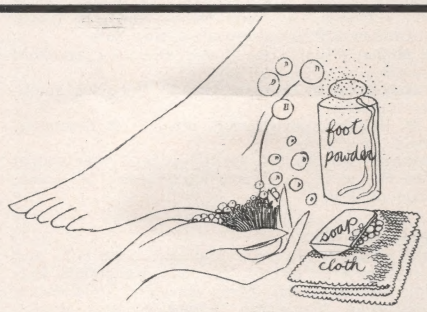
Improve posture: Lie face down with hands clasped behind back. Slowly raise head, shoulders and midriff off the floor. Hold for count of three. Return to face-down position. Repeat ten times.

Strengthen back: Sit on floor with legs spread wide, knees straight, toes pointing straight up. Clasp right foot with left hand; bring forehead down toward right knee. Bring head as close to knee as possible. Slowly return to sitting position. Repeat for other side. Ten times.

START JOGGING

SHEILA CAMERA

- **First consult your family doctor. Tell him what you have in mind; take his advice.**
- **Always do exercises before you jog. (See above.)**
- **Dress properly. Wear loose, comfortable clothes.**
- **Choose a smooth, safe route. Best bets: country lanes, bike paths, running tracks. If you must jog on hard surfaces, wear shoes with shock-absorbing soles.**
- **Don't be overenthusiastic! Have a sensible goal for a sensible amount of time; concentrate on distance, not speed. To begin, alternate walking and jogging for one-quarter mile; over a two-week period, work up to one mile. Soon you'll be in shape!**



FOOT NOTES

Ill fitting shoes and/or socks and improper care cause 95 percent of foot problems.

- To treat your feet: scrub heels with a brush, use a sudsy washcloth to clean your toes. Rinse, dry thoroughly and use foot powder.
- Cut nails straight across, clipping even with or a bit longer than the tip of the toe. Never curve the corners.
- Track shoes should be lightweight, with a multilayered sole and a solid shank. Also look for a good-sized heel and strong heel counter.

AT SCHOOL

Want to start a girls' track program? Here's how to begin

Use a survey to determine the amount of interest. Would enough students participate? Answer these questions: Do the boys have a program? How popular is it? What about other schools in the area? Would you eventually be able to set up interscholastic competitions? Is there a school staff member who can provide guidance? Meet with the physical education department, the parents' association and the school administration. Campaign to get everyone involved, the average student as well as the athlete.

Slick on a Cover Girl Shine!

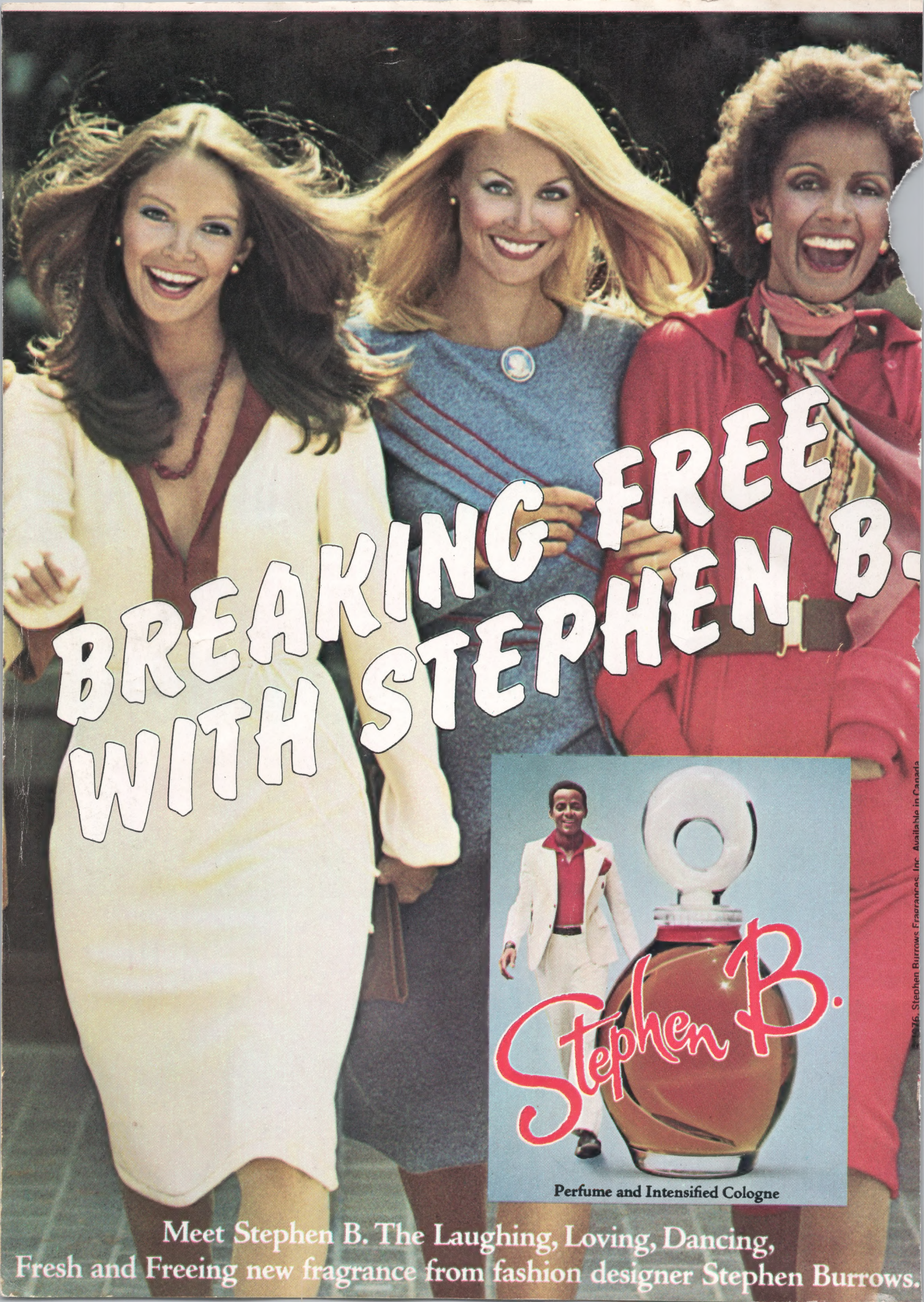
Mouthwatering color! Moisture-rich shine!

That's the look you get with new 'Shiny LipSlicks' from Cover Girl. The color is delicious. The shine? Dazzling! It's moisture-rich! 5 protective moisturizers (even Sesame Oil) make your mouth feel silky-smooth. Super-sensational. So glide one on (or try all six!). And shine! Shine! Shine!

PEACHY CORAL BARE BERRY BIG APPLE COCOA NUT PINKABOO HONEY BUN

Introducing new Cover Girl® 'Shiny LipSlicks'

Moisture Lip Color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